

bon appétit

**The
COOLEST
FOOD
TRENDS
in 2016**

**INTRODUCING
DELICIOUS,
COMFORTING
HOME COOKING
THAT HAPPENS
TO BE KINDA
GOOD FOR YOU**

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**NEW RECIPES
THAT YOU'LL
COOK ALL YEAR**



Chase Sapphire Preferred® and *Bon Appétit* are teaming up at this year's highly-anticipated 2016 Sundance Film Festival in Park City, UT, to give Sapphire cardmembers the ultimate VIP treatment—including access to the finest in food and film and a private event featuring Chef Aarón Sánchez.



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january

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ON THE COVER

Photographs by
Peden + Munk.
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Rebecca Jurkevich.
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Chard (stems and all!) awaits the **Jeremy Fox** treatment.
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THE NEW HEALTHY

january

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GOOD TASTE. WHAT ELSE DO YOU NEED?



EXPERIENCE
A CUP ABOVE

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NESPRESSO
What else?

bon appétit

"...START CLEANING MY STOVETOP AFTER EVERY TIME I USE IT, INSTEAD OF GOING AT IT WITH STEEL WOOL AND A CHISEL EVERY THREE MONTHS. #SHAME"

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"...FIND ENOUGH INNER PEACE TO LET A STEAK REST AFTER COOKING IT."

"THIS IS GOING TO BE THE YEAR I..."

"...FINALLY WRITE DOWN MY MOM'S RECIPES WHEN SHE SHOWS ME (AGAIN) HOW TO COOK MY FAVORITE VIETNAMESE DISHES—EVEN IF I KNOW MY BOWL OF PHO WILL NEVER BE AS GOOD."

"...LEARN HOW TO SEAR FISH WITHOUT OVERCOOKING IT OR TURNING IT INTO A FLAKY MESS—THE TECHNIQUE HAS ALWAYS ELUDED ME. I HOPE I DON'T GET FIRED FOR ADMITTING THAT."



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scraping our wheels against



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THE ENTIRELY NEW
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editor's letter

FOLLOW
ADAM ON
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INDULGE AS NEEDED

► The other day I was going through a stack of copy for this issue when I came across a draft for our family-eating column *The Providers* (page 20). In it, coauthor Andy Ward writes that he started to strategically abstain from his just-home-from-work cocktail.

Now, I know Andy Ward pretty well. I've eaten dinner at his and his wife Jenny Rosenstrach's house. I've seen how much Andy appreciates a good Manhattan—check that, how much he *treasures* a good Manhattan.

In fact, when I e-mailed Andy to ask how, exactly, he mixes his drink of choice, *boom*—back came an answer in less than five minutes: ➡

Clearly, Andy knows—and loves—what he is doing. And yet...yet he's exercising restraint...while exercising restraint.

Bear with me on this one.

Andy and Jenny aren't espousing a Just Say No philosophy. Like most folks at *Bon App*, they're not searching for a miracle cure-all when it comes to getting fit or living healthier. They're aiming for an achievable balance. And that means embracing while also eschewing.

This magazine has never gotten behind the Paleo craze or even the casual gluten-free lifestyle. Sure, we can appreciate the benefits of quality protein and raw foods, and we're sensible enough to know that too much linguine and too many sourdough boules are too much of a good thing.

But we're not ascetic. Instead, we think about what we eat, and when and why we eat it. We indulge when the situation arises (that reservation we've been gunning for; Shake Shack Fridays in the art department). And we try to eat smart other times. Senior designer Alaina Sullivan loves her pistachio gelato ("It's how you measure if a *gelateria* is on its game"), but mostly this avid cyclist and swimmer is at home making granola (coconut oil and maple syrup plus cardamom and cinnamon). Carla

//
Alessi glass,
bunch of ice. I eyeball
it, never measure:
½ Dolin vermouth;
¾ Widow Jane bourbon,
or sometimes I'll do
Rittenhouse rye if I
have it; **dash or two of**
Fee Brothers orange
bitters; one brandied
cherry (homemade;
a gift), which I squeeze
against the side of the
glass. Stir. Add orange
slice and lemon zest.
//

Lalli Music, our food director, balances all those tastings in our test kitchen with servings of what she calls Burning Clean, her kale-forward stir-fry.

Working so closely together, day after day, we inspire each other not only by what we eat, but by what we *don't* eat (or drink).

Which brings me back to Andy. I know enough not to say that I'm going to swear off my school-night vodka soda, Monday through Thursday, like he does. I'm pretty sure I don't have the willpower. But I do know that at my age, with the responsibilities that I have, I can't keep eating

and drinking like I did back in my 20s.

And if it requires a little healthy competition to snap me to attention (if Andy can do it, so can I!), well, so be it. I'm not training for a triathlon or working on a set of six-pack abs. I'm just trying to be healthy-ish. ■



ADAM RAPOPORT
EDITOR IN CHIEF

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with a Pinot

or

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with a Port

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I'D LOVE TO GET THE RECIPE
FOR THE QUINOA BURGER
AT **CAFE PASQUAL'S** IN
SANTA FE. THERE WERE SO
MANY DISHES TO TRY, I ONLY
GOT A BITE! NOW I HAVE
TO MAKE IT AT HOME.

—ROBIN BERGART, Guelph, Ontario



You're invited to
check out gorgeous
photos of these dishes
on bonappetit.com
or on our tablet
edition. No R.S.V.P.
required. 😊

STELLAR QUINOA BURGER

4 SERVINGS With sweet potato as a binder, quinoa for protein, and meaty mushrooms for depth, this veggie burger beats anything in the frozen foods aisle.

- 1 small sweet potato
- 6 Tbsp. olive oil, divided
- Kosher salt, freshly ground pepper
- 1 portobello mushroom
- ½ small zucchini
- 1 small shallot, finely chopped
- ¼ tsp. crushed red pepper flakes
- 1 cup cooked quinoa (from about ½ cup uncooked)
- ¾ cup dried breadcrumbs
- 1½ tsp. fresh lemon juice
- 4 English muffins, split, toasted
- Guacamole, tomato chutney, and sprouts (for serving; optional)

Preheat oven to 350°. Prick sweet potato all over with a fork; rub with 1 Tbsp. oil, then season with salt and pepper. Roast directly on oven rack until tender, 30–45 minutes. Let cool. Remove and discard skin; mash flesh with a fork. Set aside.

Remove stem from mushroom; discard. Pulse cap in a food processor until finely chopped. Coarsely grate zucchini on the large holes of a box grater; gather up in a kitchen towel and squeeze out excess liquid.

Heat 1 Tbsp. oil in a medium skillet over low. Cook shallot and red pepper flakes, stirring often, until shallot is soft, about 2 minutes. Add mushroom and zucchini and cook, stirring occasionally, until vegetables begin to release their liquid but have not taken on any color, about 2 minutes. Transfer to a large bowl;

mix in quinoa and season with salt and pepper. Let cool.

Add breadcrumbs, lemon juice, and about ¼ cup reserved mashed sweet potato to quinoa mixture and mix well. Taste and adjust seasoning with salt and pepper if needed. If mixture is too loose, add more sweet potato to bind.

Divide mixture into 4 portions and form into patties, pressing firmly together with your hands. Heat 2 Tbsp. oil in a medium skillet over medium and cook 2 patties until golden brown, about 2 minutes per side; season with salt and pepper. Repeat with remaining 2 Tbsp. oil and 2 patties.

Build burgers with patties, toasted English muffins, guacamole, tomato chutney, and sprouts.

DO AHEAD: Patties can be made 3 days ahead. Cover and chill.

Patty Confidential

Veggie burgers have gone way beyond Boca. Beets, nuts, even kale—here's what has ousted beef in four new-wave burgers.

LENTILS

At the retro **Phoenicia Diner** in the Catskills, find a veggie burger worth the drive from New York City: It gets its al dente crust and almost beefy chew from black lentils.

KALE

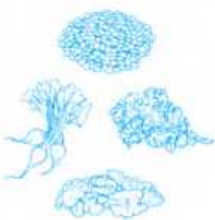
Dun, dun-aa! It's **The Amazing Kale Burger!** First sold at Chicago farmers' markets, this vegan patty became so popular, it spurred an eponymous café in Evanston.

WALNUTS

The #CBQ Burger at **Mua** in Oakland, CA, gets its name (and starchy heft) from chickpeas, bulgur, and quinoa, but the unsung heroes are walnuts, which pack a protein punch.

BEETS

Before Amiel Stanek was assistant editor at *BA*, he worked at Philly's **12 Steps Down**, where he created a burger of raw beets. "It all turns pink," he says. "Like medium-rare!"





THE CHEF SAYS

"Frying the orecchiette until the outside is crispy makes for great textural contrast and adds a whole new dimension to simple pasta. The one trick is to make sure your pan is ultrahot. Resist the temptation to stir or it won't work!"

—STEVE JOHNSON,
chef/owner,
The Red Dory



DEAR **BON APPÉTIT**,
THE CRISPY ORECCHIETTE
AND MEATBALLS AT **THE
RED DORY** IN TIVERTON, RI,
IS ONE OF THE BEST PASTAS
EVER. IF I GOT THE RECIPE,
I'D LIVE HAPPILY EVER AFTER.

—THAYER MCGREGOR, Washington, D.C.

TOASTED ORECCHIETTE WITH VEAL MEATBALLS

4 SERVINGS If you prefer all-pork (or all-veal) meatballs, go ahead and make that change.

- 2 oz. smoked bacon
(about 4 slices), frozen
- 8 oz. ground veal
- 8 oz. ground pork
- 8 garlic cloves, 2 whole, 4 finely
chopped, 2 thinly sliced
- 1 onion, halved, divided
- ½ cup dried breadcrumbs
- 2 Tbsp. milk
- ½ tsp. ground coriander
- ⅛ tsp. crushed red pepper flakes
- ⅛ tsp. ground allspice
- ⅛ tsp. hot smoked Spanish paprika
- 1 tsp. kosher salt, plus more
- ¼ tsp. freshly ground black pepper,
plus more
- 2 cups low-sodium chicken broth
- 12 oz. orecchiette
- 5 Tbsp. olive oil, divided
- 8 oz. maitake mushrooms,
tough stems removed,
torn into pieces
- 1 bunch Tuscan kale, ribs and stems
removed, leaves chopped
- Finely grated Parmesan
(for serving)

Place a rack in upper third of oven; preheat to 375°. Pulse bacon in a food processor, scraping down sides as needed, until very finely chopped, about 1 minute; transfer to the bowl of a stand mixer and wipe out food processor. Add veal and pork to bacon and mix with your hands to combine.

Pulse whole garlic cloves and half of onion in food processor until finely chopped. Add one-fourth of meat mixture along with breadcrumbs, milk, coriander, red pepper flakes, allspice, paprika, 1 tsp. salt, and ¼ tsp. black pepper and process until well blended, about 1 minute. Transfer to bowl with remaining meat mixture. Mix briefly on low speed with paddle attachment until uniform in texture, about 1 minute.

Working one at a time, form mixture into golf ball-size portions (about 3-tablespoonfuls each); roll between your palms, pressing lightly to compact. Place meatballs in a broilproof 11x9" baking dish; pour broth over. Cook until meatballs are firm to the touch, 18–20 minutes. Heat broiler. Broil meatballs until browned, about 1 minute.

Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain and toss in a medium bowl with 1 Tbsp. oil.

Meanwhile, thinly slice remaining onion half. Heat 1 Tbsp. oil in a large skillet, preferably cast iron, over medium. Cook mushrooms, half of sliced onion, and half of chopped garlic, stirring occasionally, until mushrooms are tender and beginning to crisp around the edges, about 5 minutes; season with salt and black pepper. Transfer mushroom mixture to a plate.

Wipe out skillet. Heat 1 Tbsp. oil over medium and cook kale and remaining onion and chopped garlic. Cook, stirring occasionally, until kale is tender but not limp, about 4 minutes; season with salt and pepper. Transfer to plate with mushroom mixture.

Wipe out skillet again and heat remaining 2 Tbsp. oil over medium-high. Cook pasta undisturbed 1 minute (you want it to fry in the oil, resulting in lovely crisp edges); toss pasta. Repeat process several times until pasta is well-crisped.

Add sliced garlic and mushroom-kale mixture to pasta; season with black pepper. Cook, stirring occasionally until heated through, about 2 minutes. Transfer pasta to a large bowl. Arrange meatballs on top of pasta and ladle hot cooking liquid over. Top with Parmesan.

DO AHEAD: Meatballs can be formed 1 day ahead. Cover and chill.

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starters

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pomegranate,
pistachios,
and hemp seeds
over wild rice
and speltz berry
at Milktooth.
Turn the page
for more.

Picture of Health

The
ingredients,
products,
and people
redefining
what healthy
looks like
in 2016



1

OATMEAL 2.0

Maple syrup and brown sugar? Snooze. Oatmeal's finally getting interesting: Think ancient grains with coconut milk (**Milktooth**, Indianapolis), steel-cut oats with hazelnut granola (**High Street on Hudson**, NYC), and local grains with roasted figs (**The London Plane**, Seattle).

2

GRASS-FED GETS GOOD

Anya Fernald, **Belcampo** CEO and author of the upcoming *Home Cooked*, explains why: "I've had a lot of bad grass-fed beef. That's because most producers don't have the time. Grass-fed animals take longer to finish than corn-fed. I can make a delicious steak with lots of marbling in 27 months. I can't do it in 18."



3

VOCAB WORD

Koji
[koh-jee] n.

Like raw denim and Pokémon, a certain type of phenomenon originates in Japan. The latest import of note: **koji**.

► What It Is

Rice that's been inoculated with the **koji** mold (scientific name: *Aspergillus oryzae*, if you want to be like that), it's traditionally used to make miso and soy sauce, kickstarting the formation of that umami flavor. Pros now whisk fragrant, fermented **koji** into vinaigrettes, toss it with vegetables before roasting, and treat it as a marinade.

► Why We Love It

Nature's MSG, it imparts a funky, fatty taste—without any added salt, sugar, or oil. That's why **Mission Chinese Food** in NYC cures chicken with it and why **Trentina** in Cleveland rubs it on scallops, allowing it to coax out their oceanic flavor.

"Within the next year or two, you're going to start seeing home cooks—not just crazy weirdos like me—making miso or curing meat at home with koji."

—Jonathon Sawyer, chef, **Trentina**



4

Hot Chick(peas)

Panelle, panisse, socca, cecina—if you see one of these words on a menu, order it. What do they have in common? They're all made from **chickpea flour**, the gluten-free, high-protein stuff transforming dishes like cavatelli, as at **Boeufhaus** in Chicago, or crepes at **Santina** in NYC. Chefs love its rich, slightly sweet flavor, not to mention a high starch content that makes it great for frying. Does it still count as healthy if it's fried? Your call.

5

Orange You Glad They're Serving Turmeric?

Knobby, peppery **turmeric**, long a staple of Eastern medicine, is finding its way into items both sweet (like the almond and raw honey-based Golden Milk elixir at **Moon Juice** in L.A.) and savory (like turmeric vinaigrette at **Juniper & Ivy** in San Diego). Powdered turmeric is nothing new—you've likely had it in curries before—but it's the antioxidant-packed, traffic-cone-orange flesh of the fresh root that's been making waves with its punchier flavor. The lesson: Don't judge a rhizome by its cover.

6

POT OF GOLD

What mason jar glassware was to the *Portlandia* universe, **succulents** are to any restaurant with grain bowls on the menu. Avocado toast



just wouldn't be complete without a cactus in a ceramic pot nearby.

► **Spotted at:**

Penrose, Oakland;
Farm Spirit, Portland;
The Butcher's Daughter, NYC

"In its dried state, it just tastes like powder. But when turmeric is fresh, it's a lot sweeter. It makes me feel energized."

—Jessica Koslow, chef, Sqirl, L.A.



8

DRY SPELL

These days, it's not enough to eat your greens: You want to go straight for the **chlorophyll**.

In extract form, the deep-green pigment is a chef's healthy magic trick—like an energy shot but one that some say can help break down fats. At **Croft Alley** in L.A., it's swirled into yogurt for a grassy antioxidant boost (and groovy spin-art effect).

7

THE STEAMER THAT MAKES US ACTUALLY WANT TO STEAM

There's nothing sexy about steamed vegetables. Or is there? This sleek ceramic number (with a cedar basket) has made the world's least decadent cooking method suddenly cool. [\\$152; quitokeeto.com](http://$152; quitokeeto.com)



9

**The Rant: H₂No**

Here's a fun game: Find the water aisle in your nearest supermarket, convenience store, or health food store.

Count the varieties of water you find. On recent visits we found organic raw maple water, cactus water, organic birch tree water (limited harvest 2014). There was Artesian water bottled in New Zealand from a 680-foot-deep protected confined aquifer (don't ask). Even black premium alkaline water that is, yes, black (and it's gluten-free! Finally, gluten-free water). We like coconut water as much as the next hungover guy, but still—the race to create the next fad water has officially gone too far. We'll take tap.



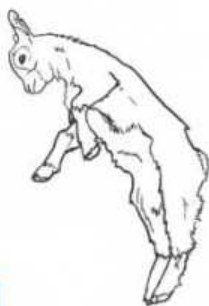
Healthy in 2016



10

THE INTERVIEW

How to Be a Healthy, Politically Savvy, Environmentally Friendly Eater



→ Former White House chef and senior policy adviser **Sam Kass** had the Obamas' ear on everything from their dinner to school nutrition. Now the NBC News senior food analyst (and the coolest guy in food politics) has ours.

For more from Kass, follow him on Twitter @chefsamkass

► **The one fish you should say no to:** "Don't eat bluefin tuna. Literally, there will be no more tuna if we keep this pace."

► **Not all whole wheat breads are equal.** "Look at the fiber content. If it's only got a gram of fiber, it's not really whole grain. Aim for 15 to 20 grams."

► **Fight food waste.** "In the U.S., we waste about 40 percent of the food we produce, which is astronomical. Think about what you want to cook each week before you go to the store. Prep on Sunday. When we forget about the broccoli in the crisper, we're also throwing out the water and energy that went into it."

► **Questions to ask at the farmers' market:** "Are these organic?" "How are they grown?" If they use pesticides, ask how often. (But don't be judgmental—farming is hard!) If the farmer does one spray before the fruit is out, nobody should worry. If they spray 12 times a year, skip it."

► **Can't buy organic everything?** "Prioritize dairy products, then fruits and vegetables, if you can (especially when you eat the skin). For eggs, look for pasture-raised."

► **Sorry, it's true:** "I love steak. But meat production is a major driver of greenhouse gas emissions. We have to eat it less. More like once a week."



11

THE FOODIST

"Come January, I take a month off of booze. But that doesn't mean I nurse water all night. At home, I swap whiskey sodas for grapefruit juice, seltzer, and bitters. At restaurants, they're offering **house-made sodas, tonics, and tinctures** so good, your drunk friends will want one too."

—ANDREW KNOWLTON, THE BA FOODIST

► **Spotted at:** Launderette, Austin; Vic's, NYC; Acorn, Denver

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Cook Like a Pro

For step-by-step instructions on achieving the perfect crumbs, see [Prep School](#), page 93.

Use them in salads (croutons in every bite!), sprinkle over pastas, dust atop tender braised meats, or just eat them out of hand (naturally).



THE PROS • RICH TORRISI AND MARIO CARBONE / Carbone / NYC

Breaking Bread

Breadcrumbs: So simple, right? Not if you ask a chef. We go deep on pros' favorite finishing touch

by AMIEL STANEK

FOR RICH TORRISI AND

MARIO CARBONE, breadcrumbs aren't just a pantry staple, they're a religion: crispy, carb-y fairy dust, lending irresistible crunch to just about anything within sprinkling distance. Inside their growing empire of restaurants, they use no fewer than four distinctly different types of crumbs, each tailored to specific dishes and applications. It's a focused reverence that most chefs reserve for, say, caviar. Their signature rye crumbs are meant as a finishing touch—loaded with toasty, herby flavor to crown everything from braised chicken to long-cooked vegetables. "We treat them like you would a piece of meat, cooking them in oil, butter, and aromatics," Carbone says. "They're perfect for bringing another layer of texture and flavor to a dish that's already been fully cooked."

Cooking the aromatics in both butter and olive oil infuses flavor into each crumb.



Herb-and-Garlic Rye Breadcrumbs

Spread out $\frac{1}{2}$ loaf rye country-style bread, cut into 1" pieces (about 1 cup), on a rimmed baking sheet and let sit at room temperature until dried out, 1–2 days.

Place bread in a large resealable plastic bag and seal. Place in another bag, seal, and wrap

in a kitchen towel. Using a rolling pin or meat pounder, smash to fine irregular crumbs.

Heat $\frac{1}{4}$ cup olive oil and 4 Tbsp. unsalted butter in a medium skillet over medium until butter begins to foam. Add 4 rosemary sprigs, 4 thyme sprigs, and 4 crushed garlic cloves; cook, tossing, until fragrant, about 1 minute. Add 1 cup

breadcrumbs and cook, stirring occasionally, until golden brown, about 4 minutes. Transfer to paper towels and let drain. Remove herbs and garlic; season with salt. Let cool.

DO AHEAD: Breadcrumbs can be dried out and crushed 1 month ahead. Freeze airtight. Makes about $1\frac{1}{4}$ cups



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Squad Goals

Resolutions for the whole family (predinner snack time, you're officially on notice)

by JENNY ROSENSTRACH
and ANDY WARD

► **WE'RE INTO THE FIFTH DECADE OF OUR LIVES NOW,** and while there's still an awful lot we don't know, there is one thing we know for certain: However much we tell ourselves that *this year is going to be different*, we're never going to drink eight glasses of water a day. But that doesn't mean we're abandoning the idea of New Year's resolutions completely. In 2016, with some help from our less-jaded kids, we've come up with eight achievable goals that might even stick through spring.

1 Reduce Refuse
We're not quite ready for kale-stem spare ribs or "Dumpster dive" salads yet, à la Dan Barber, but there are steps we can take to significantly reduce our family's food waste—and the guilt that goes with it. First order of business, 2016: Purchase compost bin and deliver scraps to the farmers' market. *Epica stainless-steel compost bin, \$28; amazon.com*

2 Moderation, Kid Version
This has been established: Our kids have some entitlement issues when it comes to dessert. (It's our fault, but the question in our house is never "Can I?" but "How many?") So instead of having Good Humor bars (toasted almond) in the freezer and Mallomars (naturally) in the pantry and sour cream-chocolate chip

pound cake (Jenny's fave) on the counter, we will henceforth stock one dessert, take it or leave it: a bar of good dark chocolate. It's kind of healthy, right?

3 Moderation, Adult Version
We have friends who go dry for the entire month of January as a way to (a) redeem holiday hedonism and (b) prove to themselves that they are the bosses of their drinking. A more sustainable approach, we've found, is to save drinking for the weekends (thank goodness for seltzer). Or, okay, for the kind of weeknight when a cocktail—and only a cocktail—can ease your pain.

4 On Those Weeknights, Our Cocktail of Choice, 2016 Edition, Shall Be...a Boulevardier
(That would be 2 oz. bourbon, 1 oz. Campari, and 1 oz. sweet vermouth.) Saying it out loud is hell ("Manhattan" is so much easier); drinking it is not.

5 Dial Back the Sugar
If we learned anything from *That Sugar Film*, it is to be attuned to the hidden sugar content in seemingly harmless staple foods like yogurt, granola bars, juice, bread, and salad dressings. Resolved: Teach the kids how to read labels; make more basics from scratch; stop sprinkling a pound of sugar on our grapefruit.

6 Snack Smarter
We are pretty good about breakfast and lunch. The breakdown in the system comes at five o'clock, when a bag of potato chips or a block of extra-sharp cheddar enters our line of vision and we lose our collective minds—and in the girls' case, their dinner appetites. Solution: crunchy cucumbers, our favorite ginger-miso dressing, and a sprinkling of sea salt, a snack that's almost as addictive as Pringles.

7 Snack Smarter, Part 2
No checking Instagram after 4 p.m. It's hard to opt for the cucumbers on #NationalCronutDay.

8 Never Say These Words Aloud at Dinnertime Again
"No, it's not a 'disgusting wet marshmallow,' it's tofu"; "you hold the fork in your right hand"; "eat over your plate"; "move closer to the table"; "were you raised in a barn?"; "how about washing your dish instead of watching me wash your dish?"; "a hand is not a napkin"; "a sleeve is not a napkin"; "pretending to hug me while wiping your mouth on my shirt is not a napkin, either." ■

For more from Jenny and Andy, check out their blog, **Dinner: A Love Story**.



Skip the sugary salad dressing! Find their from-scratch recipes at bonappetit.com/providers

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The Drink

An Apple a Day

The orchard is infiltrating cocktail hour, with apple-based booze, stand-alone cider bars, and produce-driven cocktails that won't cause appletini flashbacks. Here, three ways to up your intake

by BRAD THOMAS PARSONS

1

HIT A CIDER BAR

Hard cider is having its craft beer moment—think nuanced bottles that are worlds apart from the saccharine stuff that once gave the drink a bad rap—right down to a surge in bars that specialize in it. Seattle's **Capitol Cider** has 20 cider taps and more than 100 bottles on its list. San Francisco gastropub **Upcider** stocks a deep

selection of California bottles. New York's **Wassail** rounds out the cider (and fresh apple juice) on tap with apple-based cocktails.

→ KEEP AN EYE OUT FOR...

Devoto Orchards Ciders

\$13 for 750 ml

The crisp and spicy **Cidre Noir** is made from heirloom apples.

2

ADD APPLEJACK TO YOUR ARSENAL

America's old-school spirit, applejack—a brandy distilled from fermented apples—is new again. **Laird's**, the 18th-century original, is beloved by bartenders, and new American applejacks are joining the party too. Spike a mug of hot apple cider and give thanks to our forefathers.

Three to Try



St. George California Reserve Apple Brandy
\$60 for 750 ml

This limited bottling is blended from 15 varieties of California apples.



Cornelius Applejack
\$35 for 750 ml

It takes more than 60 pounds of Hudson Valley apples to make just one bottle.



Arkansas Black Straight Applejack
\$52 for 750 ml

Distilled apples are aged for two years in French oak, then one in American bourbon barrels.

3

MEET YOUR NEW MIXER

Give your juicer a break from virtuous leafy greens. Pros are using fresh-pressed apple juice to add a splash of tart sweetness to cocktails, like at (BA Hot 10 winner) **Manolin** in Seattle, where owner Joe Sundberg mixes tequila and celery

soda with juice from house-pressed Opal apples. Swap the celery for club soda at home, and you've got your new favorite highball.

→ DON'T HAVE A JUICER?

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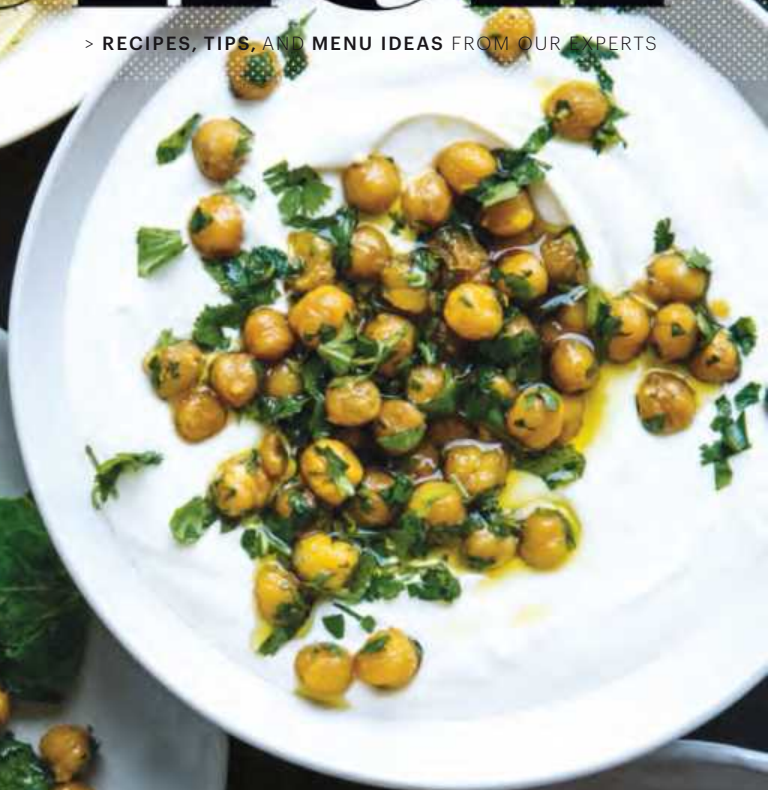


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BA

Kitchen

> RECIPES, TIPS, AND MENU IDEAS FROM OUR EXPERTS



Toss these Herbed Chickpeas with wilted greens and top with a fried egg, spoon onto Greek yogurt, or turn them into a toast topper.

A WINTRY
MIX

**fast,
easy,
fresh**

► Crispy, salty, creamy, and full of protein (really!), these chickpeas should be a staple in your kitchen. Rinse **two 15-oz. cans chickpeas** and pat dry. Place in a large skillet or Dutch oven and add **4 crushed garlic cloves** and **½ cup olive oil**; season with **salt** and **pepper**. Cook over medium heat, stirring occasionally, until chickpeas are crisped and some have split open (these will be the most delicious ones), 10–15 minutes. Remove from heat; stir in **2½ cups chopped mixed tender herbs** (such as **parsley, cilantro, chives, and/or basil**). Makes about 3 cups



FAST, EASY,
FRESH



BRING HOME THE (GOOD) BACON

> This recipe is a great argument for spending more money on bacon. You're not using much of it,

so shelling out a couple of extra bucks for higher-quality, thicker-cut slab bacon will go a long way in flavor and texture. We like anything

hard-smoked (some bacon is cured but not smoked), whether it comes from the butcher or brands like D'Artagnan and Applegate.



△
Escarole's great, but chard would do well here too.

Skillet with Kindness

A single pan leads to many wonders: crackly-skinned chicken, hardy escarole, and a touch of smoky bacon

Crispy Chicken Thighs with Bacon and Wilted Escarole

ACTIVE 45 MIN - TOTAL 45 MIN

4 SERVINGS

- 4 large skin-on, bone-in chicken thighs (about 1½ lb. total)
- Kosher salt, freshly ground pepper
- 1 Tbsp. vegetable oil
- 4 slices bacon, coarsely chopped
- 1 shallot, finely chopped
- ½ tsp. crushed red pepper flakes, plus more for serving
- 1 head of escarole, torn into large pieces
- 1 lemon, quartered

Season chicken with salt and pepper. Heat oil in a large skillet over medium. Place chicken thighs, skin side down, in skillet and cook, pouring off excess fat from time to time, until skin is browned and crisp, 10–12 minutes. Turn chicken over and cook until cooked through, 8–10 minutes longer. Transfer thighs to a cutting board or large plate.

Pour off fat from skillet (no need to wipe it out) and increase heat to medium-high. Cook bacon, stirring occasionally, until browned and crisp, about 5 minutes. Add shallot and ½ tsp. red pepper flakes and toss to coat. Add escarole in large handfuls, letting it wilt slightly before adding more. After the last handful goes in, remove pan from heat and toss greens to coat (some will be tender, some a little crunchier).

Divide escarole among plates and top with chicken. Squeeze lemon over and top with more red pepper flakes.



**WHY WE...
MARINATE IN
YOGURT**

> Thin lamb chops cook quickly, but that doesn't leave much time for a deeply browned

sear. The solution: Coat 'em in yogurt! The sugars in the dairy caramelize into a crust, while the built-in acidity tenderizes the meat and adds tang.



△
We prefer chops (like these) that aren't frenched—more meaty bits for everyone.

You've Been Chopped!

These quick-cooking lamb chops make dinner feel instantly fancy

Spiced Marinated Lamb Chops with Garlicky Yogurt

ACTIVE 30 MIN - TOTAL 1 HR

4 SERVINGS

- 1½ cups whole-milk plain Greek yogurt
- 2 Tbsp. fresh lemon juice
- 2 garlic cloves, finely grated
- Kosher salt, freshly ground pepper

- 2 tsp. ground cumin
- 1 tsp. ground coriander
- ¾ tsp. ground turmeric
- ¼ tsp. ground allspice
- 2 lb. rib, shoulder, or loin lamb chops, frenched if desired
- 2 Tbsp. vegetable oil, divided

Combine yogurt, lemon juice, and garlic in a medium bowl; season with salt and pepper. Transfer ½ cup yogurt mixture to a small bowl and set aside for serving. Stir cumin, coriander, turmeric, and allspice into remaining yogurt mixture.

Season lamb chops with salt and pepper. Using your hands, evenly coat

all sides of chops with spiced yogurt mixture (avoiding the bone if they are frenched). Let chops sit at room temperature 30 minutes, or cover and chill up to 12 hours.

Heat 1 Tbsp. oil in a large skillet over medium-high. Wipe off excess marinade from lamb chops and cook half until nicely browned, about 3 minutes per side (the yogurt in the marinade will help them take on color quickly). Remove chops from skillet and pour off fat (no need to wipe it out). Repeat with remaining 1 Tbsp. oil and remaining chops.

Serve lamb chops with reserved yogurt mixture alongside.



FAST, EASY,
FRESH

TEST
KITCHEN
TALK

"By January, I'm about ready to lose it if I see another potato. **Fennel makes a great gratin alternative.** You're basically poaching it in

cream, rendering the sliced bulbs all soft and tender. The result is robust and comforting without being a starch-bomb." —Alison Roman

Gratin Expectations

A doubly crunchy topping of torn bread and walnuts marks a breakthrough moment for creamy roasted fennel

Fennel Gratin with Walnut-Thyme Breadcrumbs

ACTIVE 20 MIN - TOTAL 1 HR

4 SERVINGS

- 2 lb. fennel bulbs (about 4 small), thinly sliced lengthwise
- 1 small onion, thinly sliced
- 1 cup heavy cream
- 4 Tbsp. unsalted butter, cut into small pieces
- 2 Tbsp. thyme leaves, divided

- Kosher salt, freshly ground pepper
- 1½ cups very coarse fresh breadcrumbs
- 1 cup walnuts, coarsely chopped
- 2 Tbsp. olive oil
- 1 oz. finely grated Parmesan (about 1 cup)

Place rack in upper third of oven; preheat to 400°. Place fennel, onion, cream, butter, and 1 Tbsp. thyme in a large bowl. Season with salt and pepper and toss to combine. Transfer to an 8x8" baking dish; bake until fennel is crisp-tender and cream is reduced by half, 30–35 minutes.

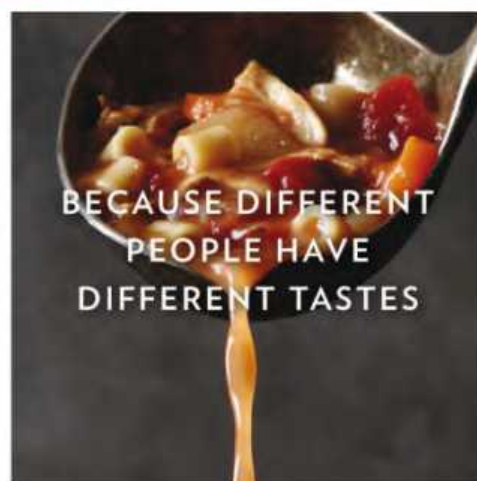
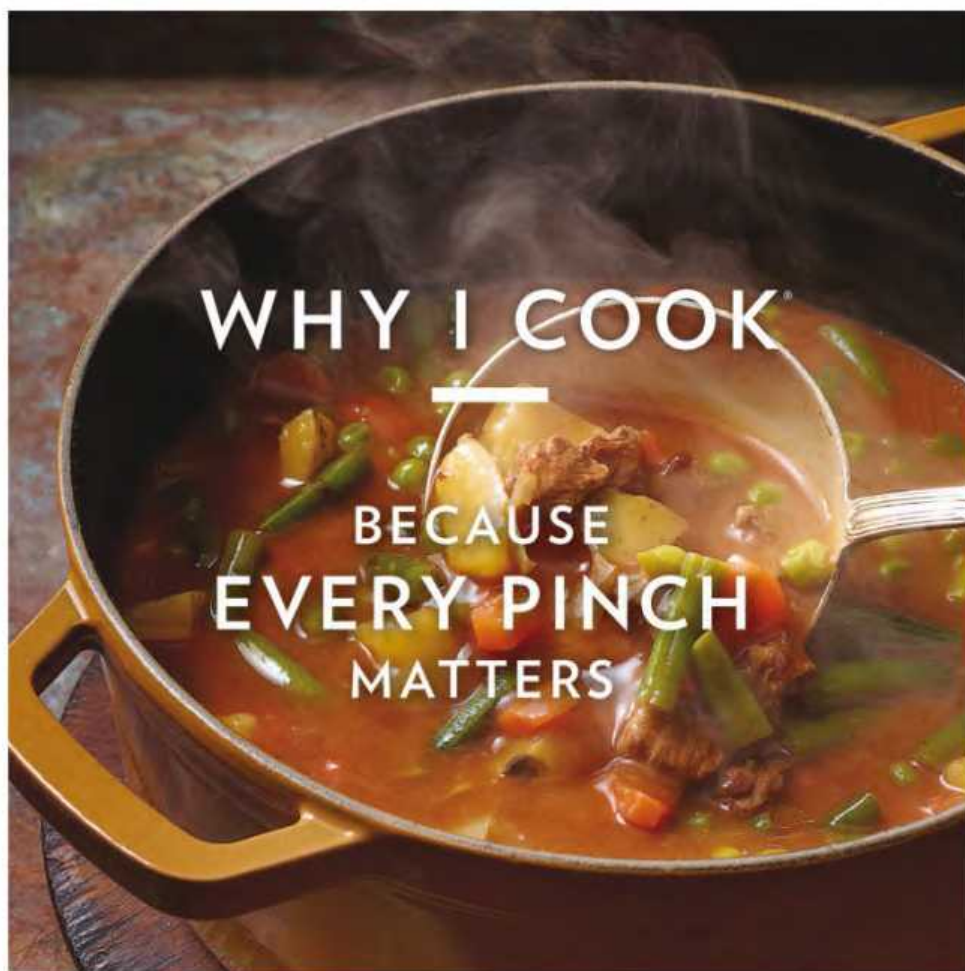
While fennel is baking, combine breadcrumbs, walnuts, and oil in a medium bowl. Season with salt and pepper and toss until bread is evenly

saturated and walnuts are coated. Add Parmesan and remaining 1 Tbsp. thyme and toss again to combine.

Scatter breadcrumb mixture evenly over gratin and bake until breadcrumbs and walnuts are deep golden brown and fennel is tender, 12–15 minutes. Let cool slightly before serving.

Super-thin fennel slices are key for texture. Befriend your mandoline.





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Not a sodium-free food.

passage to india

Wake up your next dinner party with a fresh take on the **flavors of the subcontinent**, courtesy of our favorite little Brooklyn pop-up, Mr. Curry

recipes by Rebecca Collerton

THE MENU

- WHOLE WHEAT CHAPATIS
- SWEET-AND-SOUR TOMATO CHUTNEY
- BEET AND CARROT SALAD
- CURRIED MEATBALLS □ YOGURT SAUCE
- SPICED RICE □ INDIAN PICKLES

▶ **Three days a week, for four hours each night**, a nautical-themed sandwich shop serves Indian food unlike anywhere else in New York City. This pop-up calls itself Mr. Curry, and it's less concerned with authenticity than with memories—specifically those of its chef, Rebecca Collerton. “When I came to America, the Indian food in England was one

of the things I really missed,” says the British transplant. So she took everything she knew about cooking from her years at Brooklyn stalwarts Saltie and Diner and applied it to the fragrant curries, sweet-sour chutneys, and rustic chapati bread that she remembered from her childhood. The resulting dishes are seasonal but always feel familiar, unpredictable yet grounded in tradition. And Collerton does it all in a kitchen that's probably smaller than yours, which is rough for her but great for home cooks; her recipes really can—and should—be made in your kitchen too.
—Julia Kramer

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Curried Meatballs

8 SERVINGS *The texture of the raw meatballs is very soft. Don't worry; it's the reason they're so tender when cooked.*

MEATBALLS

Olive oil

- 6 scallions, cut into 1" pieces
- 2 jalapeños, seeds removed if desired
- 6 garlic cloves
- 1 1" piece ginger, peeled, chopped
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. garam masala
- 1 tsp. ground coriander
- ½ tsp. ground cumin
- ½ tsp. cayenne pepper
- 2 lb. ground beef (20% fat)
- 1 large egg, beaten to blend
- 3 Tbsp. plain yogurt
- 2 tsp. kosher salt

CURRY SAUCE

- ¼ cup olive oil
- 4 medium onions, chopped
- 10 garlic cloves, crushed
- 1 1½" piece ginger, peeled, chopped
- 3 dried chiles de árbol
- 4 tsp. curry powder
- 4 tsp. ground cumin
- 4 tsp. ground turmeric
- 3 Tbsp. ground coriander
- 1 tsp. black peppercorns
- 1 14.5-oz. can crushed tomatoes
- 1 bay leaf
- 1 Tbsp. kosher salt, plus more
- 1 Tbsp. fresh lemon juice
- ½ tsp. cayenne pepper
- Cilantro leaves with tender stems (for serving)

MEATBALLS Preheat oven to 400°. Lightly brush a rimmed baking sheet with oil. Purée scallions, jalapeños, garlic, ginger, lemon juice, garam masala, coriander, cumin, and cayenne in a blender until smooth. Transfer mixture to a large bowl and add beef, egg, yogurt, and salt. Mix with your hands until mixture is homogenous and starts to become very sticky like sausage meat, about 1 minute.

Using a 2-oz. ice cream scoop to portion if you like, roll beef mixture into golf ball-size portions and place on baking sheet, spacing 1" apart (you should have about 24). Drizzle meatballs with more oil and bake until browned on top and cooked through, 20–25 minutes.

CURRY SAUCE Meanwhile, heat oil in a large Dutch oven or other heavy pot over medium. Add onions, garlic, and ginger and cook, stirring often, until onions are translucent and starting to brown, 8–10 minutes. Stir in chiles, curry powder, cumin, turmeric, coriander, and peppercorns. Cook, stirring often, until mixture is very fragrant and spices begin to stick to the pot, about 2 minutes. Add tomatoes, stirring and scraping bottom of pot, and bring to a boil. Add bay leaf, 1 Tbsp. salt, and 2 cups water; return to a boil. Reduce heat and simmer until flavors have melded, 25–30 minutes.

Let curry sauce cool slightly, then transfer to a blender; blend until very smooth. Wipe out any bits remaining in pot and transfer curry sauce back to

1 WEEK AHEAD
The tomato chutney will keep for at least a week—consider making a double batch. (It's that good.)

2 DAYS AHEAD
Blend curry dressing; keep chilled.

1 DAY AHEAD
Make the meatballs and sauce; store them together in the fridge. Make yogurt sauce, but don't add the herbs until the day of the party.

MORNING OF
Mix the chapati

dough and let it sit covered on the counter. Cook rice and keep covered.

1 HOUR OUT
Gently reheat the meatballs and curry sauce in a large covered pot. Cook the chapatis; keep in foil in a warm oven. Shave the beets and carrots and place in ice water.

GAME TIME
Add herbs to the yogurt sauce. Gently reheat rice over low heat. Drain and dress salad.
—Claire Saffitz

pot. Stir in lemon juice and cayenne; taste sauce and season with more salt if needed.

Gently nestle cooked meatballs into sauce, bring to a simmer, and cook until meatballs are heated all the way through, 10–15 minutes. Serve topped with cilantro.

DO AHEAD: Meatballs and sauce can be made 1 day ahead. Let cool; transfer to an airtight container and chill. Gently reheat meatballs in sauce, covered, thinning with water if sauce is too thick.





THE
NEW YORKER

Where things get interesting.



THE
PARTY
> passage
to India

*That toasty,
complex curry
vinaigrette
wouldn't be
bad on some
roasted veg,
either....*

Beet and Carrot Salad with Curry Dressing and Pistachios

8 SERVINGS *Smaller beets are ideal
for this, since the rounds will fit neatly
on the end of a fork.*

- ½ cup pistachios
- 1 tsp. plus ½ cup olive oil
- Kosher salt
- 1 Tbsp. curry powder
- 2 garlic cloves, finely grated
- 3 Tbsp. apple cider vinegar
- 1 Tbsp. Dijon mustard
- 4 small beets (any color), peeled,
thinly sliced on a mandoline
- 4 medium carrots, peeled, shaved
lengthwise into ribbons
with a vegetable peeler
- Lemon juice (for serving)

Preheat oven to 350°. Toss pistachios and 1 tsp. oil on a rimmed baking sheet; season with salt. Roast, tossing once, until pistachios are golden brown, 5–7 minutes. Let cool, then coarsely chop.

Meanwhile, bring curry powder and remaining ½ cup oil to a simmer in a small saucepan over medium heat, swirling occasionally. Let cool.

Blend garlic, vinegar, and mustard in a blender, then, with motor running, stream in curry oil. Blend until dressing is very smooth and thick; season with salt.

Toss beets and half of dressing in a medium bowl; season with salt. Let sit until beets soften slightly, 8–10 minutes.

Add carrots and remaining dressing and toss to combine; season with salt and lemon juice. Serve topped with pistachios.

DO AHEAD: Curry dressing can be made 2 days ahead. Cover and chill.



SIDE TO SIDE
TWO SIMPLE
WAYS TO
ROUND OUT
THE MEAL

SPICED RICE

Rinse **2 cups basmati rice**. Place in a medium bowl; add cold water to cover. Let soak 30 minutes; drain. Heat **2 Tbsp. olive oil** in a large saucepan over

medium. Cook **2 bay leaves, 5 green cardamom pods, and 5 black peppercorns**, stirring, until fragrant, about 1 minute. Add rice, **2 tsp. kosher salt**, and 2 cups water; bring

to a simmer. Cover, reduce heat to low, and cook until rice is tender and liquid is absorbed, 15–18 minutes. Fluff rice with a fork; mix in **1 Tbsp. ghee or unsalted butter**. **8 servings**

SCALLION-HERB YOGURT SAUCE

Combine **2 cups plain yogurt, 3 thinly sliced scallions, 2 Tbsp. chopped cilantro, 2 Tbsp. chopped mint, 2 Tbsp. olive oil**, and 2 tsp.

white wine vinegar in a medium bowl. Season with salt. **Makes about 2 cups**

*Learn more about
our favorite Indian
spices in Prep School,
page 94.*

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✦
Pungent Indian pickles (called achars) are preserved with salt and oils rather than vinegar. Whether spicy, sweet, or sour, these condiments are the life of the curry party. Serve them on the side,

or mix them into the Spiced Rice to add some punch. We like the V.P. Bedekar & Sons brand (vpbedekar.com).

Sweet-and-Sour Tomato Chutney

MAKES ABOUT 2 CUPS *Think of this as Indian-spiced ketchup, and use it in all the same ways.*

- 2 Tbsp. olive oil
- 1 tsp. mustard seeds
- 1 large onion, chopped
- 8 garlic cloves, thinly sliced
- 1 1" piece ginger, peeled, finely chopped
- 2 dried chiles de árbol
- 1 Tbsp. curry powder
- 1 cup sugar
- $\frac{3}{4}$ cup apple cider vinegar
- $\frac{3}{4}$ cup malt vinegar
- 1 2"-long cinnamon stick
- 1 bay leaf
- 2 tsp. salt, plus more
- 1 14.5-oz. can crushed tomatoes
- 2 Tbsp. fresh lemon juice
- $\frac{1}{2}$ tsp. cayenne pepper

Heat oil in a large saucepan over medium. Cook mustard seeds, shaking pan, until they start to pop, about 2 minutes. Add onion, garlic, ginger, and chiles and cook, stirring occasionally,

until onion is translucent, 5–8 minutes. Stir in curry powder and cook, stirring often, until mixture is very fragrant, about 2 minutes. Add sugar, both vinegars, cinnamon stick, bay leaf, and 2 tsp. salt and cook, stirring to dissolve sugar. Add tomatoes, increase heat, and simmer, stirring occasionally, until water evaporates and mixture is thick (you should be able to see the bottom of the pot when you drag a spoon through it), 40–50 minutes. Remove from heat and stir in lemon juice and cayenne. Season with more salt if needed.

DO AHEAD: Chutney can be made 1 week ahead. Let cool; cover and chill.

Whole Wheat Chapatis

MAKES 12 *If you have a stovetop griddle, use it to make a few flatbreads at a time. See Prep School, page 95, for more tips.*

- 1 cup whole wheat flour
- 1 cup all-purpose flour, plus more for dusting
- $\frac{1}{4}$ cup plain yogurt
- 1 Tbsp. salt

Whisk whole wheat flour and 1 cup all-purpose flour in a medium bowl. Make a well in the center and add yogurt, salt, and $\frac{3}{4}$ cup water. Mix with a wooden spoon until a shaggy dough forms.

Turn out dough onto a lightly floured surface and knead, adding more all-purpose flour as needed, until dough is smooth, elastic, and no longer sticky, 8–10 minutes. Dust with more all-purpose flour, wrap in plastic, and let rest at least 1 hour at room temperature.

Divide dough into 12 pieces. Working with 1 piece at a time and keeping the other pieces covered with plastic wrap, roll out on a lightly floured surface to 8" rounds (if dough springs back when rolled, let rest a few minutes before proceeding).

Heat a dry large skillet, preferably cast iron, over medium-high heat. Cook a round of dough until lightly charred in spots and browned in others, about 30 seconds per side. Transfer to a wire rack. Repeat with remaining rounds.

DO AHEAD: Chapatis can be cooked 45 minutes ahead. Wrap in foil and keep warm in a 250° oven.



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eat clean in 2016

Six years and one gorgeous new cookbook later, **Sara Dickerman** reflects on what she's learned from masterminding the **Bon Appétit Food Lover's Cleanse**

► **Airports. Office parties. Visiting in-laws. Cookie exchanges.**

For so many reasons, the holidays scramble our healthier eating habits. It can take a little prodding to get back on course—and that's where I come in.

Six years ago, bonappetit.com asked me to develop a two-week plan to help readers reboot in the new year; thus was born the Food Lover's Cleanse (FLC). It was never about brothing or cabbage-souping: It outlines two weeks of delicious, well-planned *eating*. This is the vibrant food I wanted for dinner anyway, but with some guidance from registered nutritionist Marissa Lippert, who runs Nourish Kitchen + Table in New York's West Village.

Thanks to the enthusiasm of BA readers, we are now launching our sixth version of that program (get started at bonappetit.com/cleanse) in tandem with a hot-off-the-press cookbook:

The Food Lover's Cleanse (\$35). With 140 recipes—plus shopping lists and menu planners—divided among the seasons, the book is meant to be a resource that you can reach for any time you want to adjust your eating habits.

That's the ultimate goal, after all: to make these healthier practices part of your everyday life. In that spirit, these are a few of the takeaways from the FLC that now guide my year-round routine.



2016

THERE IS NO SUCH THING AS TOO MANY HERBS

If I'm ever cornered by a bland bowl of vegetables or whole grains, I throw a handful of herbs on it. They instantly make the meal more beautiful and flavorful—without adding any salt, fat, or sugar.

Case in point: this Broccoli-Quinoa Salad recipe from the book.



Broccoli-Quinoa Salad with Buttermilk Dressing

BUTTERMILK DRESSING Whisk $\frac{3}{4}$ cup buttermilk, 2 Tbsp. olive oil, 2 Tbsp. vegetable oil, 1 Tbsp. finely grated lemon zest, 1 Tbsp. fresh lemon juice, 1 tsp. unseasoned rice vinegar, 1 tsp. fine sea salt, and a pinch of pepper in a medium bowl. Taste and season with more salt if needed.

DO AHEAD: Dressing can be made 5 days ahead. Cover and chill.

SALAD Stir together 1 finely chopped shallot and 2 Tbsp. buttermilk dressing in a small bowl and set aside.

JOIN IN!
HEAD
OVER TO
BONAPPETIT
.COM/CLEANSE
TO GET
STARTED



Ready to Reboot?

The Food Lover's Cleanse is about curbing refined sugar and grains (oh, and heavy cocktail consumption—sorry) in order to make room for lots of whole grains, fruits, vegetables, and super-powered foods like fish, nuts, and avocados. And who out there doesn't want an excuse to eat more avocados?



PHOTOGRAPHS BY MICHAEL GRAYDON + NIKOLE HERRIOTT
FOOD STYLING BY REBECCA JURKEVICH. PROP STYLING BY AMY WILSON.

Cook **2 small heads of broccoli**, cut into bite-size florets, in a large pot of boiling salted water until crisp-tender, about 1 minute. Using a slotted spoon, transfer broccoli to a bowl of ice water; let cool. Drain and place on a kitchen towel-lined baking sheet.

Meanwhile, return water in pot to a boil and cook **1 cup white, red, or black quinoa** until slightly al dente, about 12 minutes; drain. Toss quinoa and 2 Tbsp. buttermilk dressing in a large bowl to coat; season with salt. Let cool.

Add dressed shallot, broccoli, **½ cup coarsely chopped parsley**, **¼ cup coarsely chopped tarragon**, **¼ cup coarsely chopped pistachios**, and 2 Tbsp. buttermilk dressing to quinoa and toss to combine. Season with more salt if needed. *4 servings*



Five Years of Eating Clean

Looking back on lessons learned from each year of the FLC

2011

LEAN ON LENTILS

One goal of the cleanse is to give you delicious alternatives to processed foods. When I'm confronted with a hole that I'd usually fill with pasta, I find myself turning to lentils. They can turn a piece of cod into a meal (below), and after eating a bowl of them, I feel satisfied—with no regrets.



2012

LUNCH YOUR LEFTOVERS

The second year of the cleanse, we started designing lunch around the food left over from the previous night. I found that setting a pattern at lunchtime helped give my eating a rhythm, and toting fancy salads to work gave me extra bragging points.

2013

HEAT IS HOT

Marissa Lippert might tell you that eating chile peppers has an anti-inflammatory effect. Great, but I'm more excited about their flavor. In year three, I really loaded up on the capsaicin, seasoning dishes with harissa, dried chiles, Sichuan chili-bean paste, and good old jalapeños.



2014

MAKE-AHEAD MAKES IT POSSIBLE

Boredom is the enemy of healthy resolutions, yet it's important to me to keep the recipes simple enough to be realistic. The solution: multipurpose condiments—like the herbed tahini with salmon above—that add spark to a range of dishes.

2015

END WITH A BANG

As OCD as we are about making the shopping lists, I still end up with a stuffed produce drawer at the end. I make use of these leftovers in big salads (like the one below with kale and fennel) and a giant "aftermath soup," which point me in the right post-cleanse direction.



*Any one of these plates could be your next dinner. Find the recipes in **The Food Lover's Cleanse cookbook**.*

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*
FOR THE
ADDRESSES
OF THE
SPOTS IN THIS
STORY, SEE
SOURCEBOOK
ON PAGE 96.

lox and loaded

Updated pastrami sandwiches, beet-cured salmon, and the chocolatiest babka await at NYC's new wave of Jewish delis and appetizing shops

by Julia Kramer

▶
Anyone
want to get
brunch?



WHAT TO DO IN BETWEEN BAGELS?

Visit the always fascinating **Tenement Museum**, where immigrants' stories are brought to life through their re-created apartments.

The Next-Generation Jewish Food Tour

Despite all that's changed on and around the Lower East Side, downtown Manhattan is still the center of the bagel universe.

BAZ BAGEL

Owner Bari Musacchio gives a shout-out to Palm Beach at this kitschy diner, which plays all the hits, like oversize bagels and foamy egg creams.

MUST ORDER:

Joyce's Famous Latkes, Fancy Pants-Style

BLACK SEED BAGELS

The chewier wood-fired bagels of Montreal, brought to NYC by one of the folks who kick-started the local deli resurgence at Mile End Delicatessen.

MUST ORDER:

Bagel with House Beet Lox, Horseradish Cream Cheese, Radish & Herb

HARRY & IDA'S MEAT AND SUPPLY CO.

A standing-room-only "general store," where the brother-

sister owners smoke all manner of things—eel, mushrooms, pastrami—as the base for sandwiches.

MUST ORDER: Pop's Pastrami Sandwich

RUSS & DAUGHTERS CAFE

The family behind the 101-year-old appetizing shop now serves its famous lox and tins of caviar in a sit-down restaurant. The space feels like a movie set of a 1930s soda fountain; it's pretty magical.

MUST ORDER: Bissel of Caviar with Blini and Crème Fraîche

SADELLE'S

What the duo behind Carbone did for red sauce Italian they're now doing for the deli: a hyperstylized, hyperdelicious reinvention.

MUST ORDER:

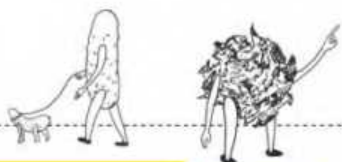
Melissa's Bakery Basket



Clockwise from top left:

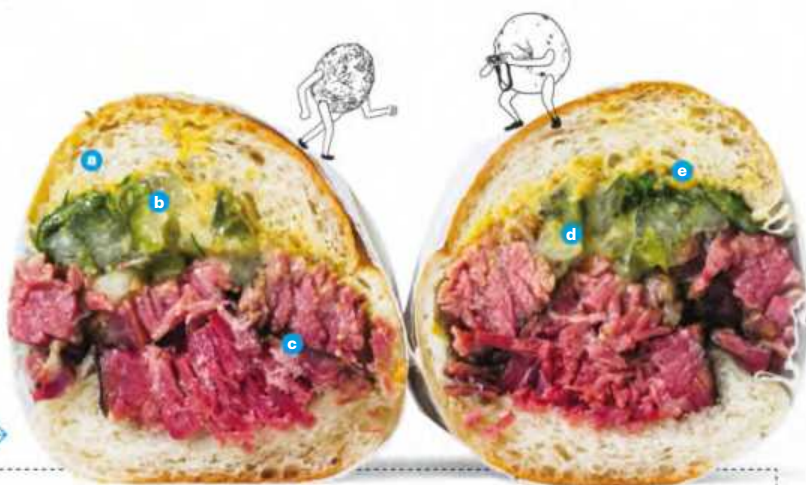
We'll have what she's having at Baz Bagel; caviar at Russ & Daughters Cafe; co-owners Julie and Will Horowitz at Harry & Ida's; the scene at Sadelle's; bagels at Black Seed.

► **The Jewish deli is not dead.** In fact, it might be more alive than ever—complete with schmaltzy matzo-ball soup and reimagined rugelach. For this, we can thank a crew of young New York restaurateurs who have given this legendary institution a new lease on life, tweaking every bagel (salt and pepper?), black-and-white cookie (in a sundae?), and delicate slice of smoked salmon (cured with beets?). The best part about these new riffs on the classics: They make it all feel old again.



ANATOMY OF: THE NEW OVERSTUFFED PASTRAMI SANDWICH

This is one of those dishes that's been historically better known for its heft than its nuance. Harry & Ida's pulls off the latter—without scrimping on the size.



a. A sturdy roll from local bakery Pain d'Avignon replaces rye bread. b. Fresh dill sprigs—for balance. c. The fatty "deckle" part of the brisket is brined, smoked over oak wood, steamed, and cut thick; an ample eight ounces lands on each sandwich. d. Hothouse cucumbers fermented in buttermilk yield a subtler, creamier flavor than vinegar brining. e. Old-school A. Bauer's Mustard (spiked in-house with white anchovies and brined Meyer lemons) is the tie that binds.



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Marinated Olive and Cheese Skewers

Serves 15 | Prep time: 10 min. | Total time: 30 min., plus marinating time

INGREDIENTS

- 1 cup GOYA® Extra Virgin Olive Oil
- 1 orange, zested and juiced
- 2 tsp. finely chopped fresh rosemary
- 1 tsp. GOYA® Minced Garlic, or 2 cloves garlic, finely chopped
- ¼ tsp. hot pepper flakes
- 1 jar (6.75 oz.) GOYA® Manzanilla Olives Stuffed with Minced Pimientos, drained
- 2 jars (4 oz. each) GOYA® Fancy Pimientos, drained and sliced
- 1 pkg. (12 oz.) queso blanco (white cheese), cubed

DIRECTIONS

1. Add olive oil, orange juice and zest, rosemary, garlic and hot pepper flakes to small saucepan over medium-high heat. Cook, stirring occasionally, until mixture is warm and garlic is fragrant, about 2 minutes.
2. Place olives and pimientos in medium, non-reactive bowl. Pour warm olive oil mixture over olives and pimientos; set aside until cool. Stir in cheese; cover with plastic wrap. Refrigerate at least 4 hours, or up to 3 days.
3. Alternately thread cheese, olives and pimientos among thirty 6" skewers. Transfer to serving plate; drizzle with marinade.



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NAP TIME

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1



2



3



4

A Little Something Sweet

Most people aren't going to delis for the cookies (hello, pastrami on rye). But with sweets this creative and downright addictive, they probably should be.

1 / BLACK-AND-WHITE COOKIES AT BAZ BAGEL

The rare version of this cakey cookie that tastes as fresh as you hope it will.

2 / FRUIT DANISH AT SADELLE'S

Not exactly a fixture of the Jewish baked-goods canon, but when it's this gooey and golden brown, shouldn't it be?

Sadelle's co-owner and baker Melissa Weller makes poppy seed, raspberry-walnut, and chocolate rugelach—not to mention babka and sticky buns.

3 / HALVAH SUNDAE AT RUSS & DAUGHTERS

Perhaps after you've spent decades selling halvah, a genius idea like spinning it into ice cream and drizzling it with salted caramel just comes to you.

4 / RUGELACH AT BREADS BAKERY

Moist, chocolaty, flaky, and sold in pairs because you'd have to be crazy to eat just one.



THE BEST MIGHT BE YET TO COME

► **Russ & Daughters** plans to open an outpost at the Jewish Museum on the Upper East Side this month. Something new for a very old institution: It now boils its own bagels.

► The legendary **Katz's** will open a Brooklyn location in September at the 27,000-square-foot DeKalb Market Hall.



"Smoked salmon has to be sliced fresh to order. And it's gotta be paper-thin—even a millimeter too big and it's messed up. You want your bagel to be chewy, not your salmon."

—Peter Shelsky, owner, *Shelsky's of Brooklyn*

THREE TAKES ON... BAGEL & LOX



IN A TOWER

At **Sadelle's**, the house-smoked salmon arrives sprinkled with flaky salt on a tiered tray, accompanied by the chive-iest version of chive cream cheese and fresh-baked bagels on a miniature wooden rod.

ON A PLATTER

Russ & Daughters takes the way its customers have served its bagels and smoked fish at home for decades and turns that into family-style brunch platters—except that it all looks a lot prettier here.

SANDWICH-IFIED

A bagel sandwich used to be something you ate unceremoniously at Einstein's. Now it's a phenomenon, thanks mostly to **Black Seed**, whose colorful compilations taste as good as they look Instagrammed.





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umami burger

That name is taken, right? Superiority Burger's Brooks Headley on the joys of opening a vegetarian fast-food joint—and the one dish that's kept him sane. (Hint: It's not the burger)

I'VE BEEN OBSESSED WITH VEGETARIAN FOOD since I was a kid, and that was a very long time ago. Old-school natural food stores—with their bulk-bin sections loaded with selections of nutritional yeast and carob and refrigerator cases with packages of fake turkey slices—still elicit jump-up-and-down excitement in me. I have, however, spent the better chunk of my adult life entrenched in fine-dining temples of meat cookery. I was a pastry chef, so I was not actually required to saw baby lambs in half, or peel silver skin from veal, or use tweezers to extract worms from hunks of swordfish. I made cookies instead! My dream was always to open up my own little joint. One that sold only stuff not made from meat.

Not necessarily a health food place, because there are plenty of healthy-seeming raw and vegan restaurants just about everywhere. But a place where I could cook really fun and delicious vegetarian food that utilized all the peripheral meat- and vegetable-cooking techniques I never really learned anyway at the expensive fancy places I worked. So in June I opened Superiority Burger in New York's East Village. What was I thinking?

My goal, at least initially, was to sell inexpensive meat-free sandwiches caked with umami. How do you make a puck of grains and beans and vegetables as craveable and primally delicious as a flame-grilled cheeseburger

Continued on page 51 ►

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► *Continued from page 47* from Veselka? You dig deep into the vegetarian toolbox of flavor enhancement: heavy char, spice, smoking, acid in every possible dry and liquid form, almost too much salt, plenty of extra-virgin olive oil, and so much freshly ground black pepper that you have to keep two backup Krups coffee grinders on deck waiting for the current one to just stop working and run out of the restaurant screaming.

I thought I had it all figured out. I had a rock-solid roster of recipes and a tiny menu and a tight, jazzed staff and 300 square feet in which to make it all happen. We would sell only five things: a sandwich or two, a broccoli salad, a wrap with a stupid name, and a two-beverage beverage program, neither of which contained alcohol.

And then things got weird.

The burger recipe became very fluid. What was once set in stone was now constantly changing—sometimes due to spatial limitations, but also to fatigue, boredom, laziness, speed. The grain would morph from quinoa to millet to groats. Chopped parsley would blanket the mix one evening, and then at 1 a.m., when we'd be making the mix again and realized that no one on staff had remembered to order parsley for the day, well, that batch would obviously be sans parsley.

The people part got weird/fluid too. Nine days in, my opening sous-chef paraded me outside like a Westminster cockapoo and gave me his two weeks' notice one storefront away: "This just isn't working out for me. The grind of doing this food in this space, well, you know, it's not sustainable." I curtsied and went right back to work. We were opening for service in 18 minutes.

We started doing salad and side specials every night—sometimes as many as eight extra dishes that would bounce in and out. Our five-item menu ballooned to 13, engorged like a tick ready to pop. It was summer, and the farmers' market was brimming over with basically everything. I would walk to Union Square with the intention of picking up a single flat of strawberries and return, \$300 later,

sweaty, nervous, and angst-ridden, with a taxi trunk full of wilting but beautiful vegetables that had to be cooked and served immediately.

I wanted the green salads to taste like you were eating potato chips with a bottle of Heinz 57 sauce in the basement of a suburban house in the late '70s. (I had a babysitter who did this.) Wood tones, umami, humidity. Satisfying, maybe a little confusing, but kinda good for you (it's salad!). Just kinda. Responsibly dressed, for sure.

We put a pretty serious sear on the burgers. Initially folks might have compared them to a weed roach, or said this stuff is straight-up scorched. It hurt our

feelings, sent the kitchen into a tailspin. Now when someone says something is burned, we queue up "Yakety Sax," the

Benny Hill theme song, on the sound system and giggle like school kids while we replace the offending sandwich with a blond, barely cooked one.

But one thing remained solid through all of this initial flux. Our burned broccoli salad, which has not changed a bit from opening day. It never leaves the menu, and we never run out of it. It's always the same, and we still think that a veggie burger and a broccoli salad is a classic umami-loaded snack, and ten dollars well spent. And almost kind of healthy. It's vegetarian food, right? ■

► Visit **Superiority Burger** at 430 E. Ninth St., NYC; @superiorityburger

Charred Broccoli Salad with Eggplant Purée

4 SERVINGS *The broccoli should still have snap and crunch after charring.*

- 1 medium eggplant, cut in half lengthwise
- ½ cup olive oil, divided, plus more for brushing
- 1 tsp. kosher salt, plus more
- Freshly ground black pepper
- 2 bunches broccoli, florets separated from stems, stems peeled and shaved lengthwise on a mandoline
- 2 Fresno chiles, halved lengthwise, thinly sliced
- 1 Tbsp. sugar
- ½ cup white wine vinegar
- 2 Tbsp. coriander seeds
- ¼ cup seasoned rice vinegar
- 3 Tbsp. fresh lemon juice, divided
- 2 Tbsp. malt vinegar
- 1 Tbsp. agave nectar
- 1 Tbsp. tahini
- ½ cup unsalted, roasted cashews, chopped
- ¼ cup cilantro leaves with tender stems

SPECIAL EQUIPMENT: A spice mill or a mortar and pestle

Preheat oven to 350°. Brush eggplant on all sides with oil, season with salt and pepper, and roast, cut side down, on a rimmed baking sheet until lightly browned and softened, 30–40 minutes. Let cool.

Meanwhile, heat a dry medium cast-iron skillet over high. Cook broccoli florets, tossing occasionally, until surfaces are blackened, 10–15 minutes. Transfer to a large plate; let cool.

Toss chiles, sugar, and 1 tsp. salt in a small bowl. Let sit until juices release, 12–15 minutes. Add white wine vinegar.

Meanwhile, toast coriander seeds in a dry small skillet, tossing often, until fragrant, about 4 minutes; let cool. Finely grind in a spice mill or with a mortar and pestle. Transfer to a small bowl and whisk in rice vinegar, ¼ cup oil, 1 Tbsp. lemon juice, and 2 Tbsp. water; season vinaigrette with salt and pepper.

Scoop eggplant flesh into a food processor; discard skin. Add malt vinegar, agave, tahini, and remaining 2 Tbsp. lemon juice. With motor running, stream in remaining ¼ cup oil; process until smooth. Season eggplant purée with salt and pepper.

Toss charred broccoli, broccoli stems, and vinaigrette in a large bowl. Serve over eggplant purée topped with cashews, cilantro, and drained chiles.

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PEDEN+MUNK

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SHOW YOU HOW TO BE A BETTER (AND HEALTHIER) COOK

BY CARLA LALLI MUSIC RECIPES BY JEREMY FOX

1 Soak It Up

● Buy good grains and always soak them. They'll cook more quickly and evenly when hydrated, and the soaking liquid can be used in finished dishes. You might have to special-order the visually striking black barley that Fox favors, but that's the hardest part of making this dish (if you consider two mouse clicks hard).

BLACK
BARLEY
WITH
MUSHROOM
BROTH
P. 60





CHEFS LIKE TO COMPLICATE THINGS:

recipes, techniques, their lives. Jeremy Fox isn't one of those chefs. At least not anymore. Although he was once known for his conceptual dishes at Napa's groundbreaking vegetarian restaurant Ubuntu, his menu at Rustic Canyon Wine Bar in Santa Monica reflects the 180 he's taken. "Great food isn't hypercreative," he says. "It's just good." Fox's rules are ones everyone can—and should—follow. He shops locally, cooks seasonally, eschews extra garnishes. Simply put, he keeps it simple. "I always wanted to do more straightforward food," he admits. He might have earned a Michelin star for some *wayyyy* out-there food, but it's his earth-bound techniques that are inspiring us to eat in. Here's how to cook like the fantastic Mr. Fox.

2

"If the
broth is
good, the
beans will
be good."

► Anyone can cook a bean: Simmer till done. But for a truly transcendent pot of beans, a bean you could base a meal around, **the secret is in the broth.** When your beans are tender, take them off the heat and focus on the cooking liquid, doctoring it with good olive oil, salt, and pepper, tasting and seasoning it until the liquid itself is straight-up delicious. How will you know when it's done? "Make a broth you'd want to eat," Fox says. Add a handful of greens and an egg, and you've got dinner.

3 TRIM YOUR TOOL KIT

Everyone in the Rustic Canyon kitchen keeps their tools organized on a rimmed sheet tray. And, unlike what's in your junked-up kitchen drawer, everything is actually used. Here's how Fox pares it down to the essentials.



1. Long serrated knife

For cleanly slicing (not squishing) breads, grilled cheese sandwiches, and perfectly ripe tomatoes. Suisin Inox bread knife, \$42; korin.com

2. Flat whisk

It's designed to stay flush against the bottom of a pan and get into the edges where flour hides when you're making a roux. Kuhn Rikon heart spring whisk, \$16; amazon.com

3. Bench scraper

The quick, tidy way to sweep trimmings and dough off your cutting board. Plastic scraper, \$5; surlatable.com

4. Short serrated knife

It sails through tomato skin. Wüsthof Classic serrated utility knife, \$50; amazon.com

5. Blunt tweezers

Handy for fishing herb sprigs out of a stew and for lifting up one end of a fish fillet to see if it's browned. Grafcu tweezers, \$20; amazon.com

6. Small offset spatula

For turning over things in a pan like portobello mushrooms, spreading butter, and icing little cakes. Ateco offset spatula, \$6; surlatable.com

7. Bird's-beak knife

Good for detailed prep work like trimming carrot tops, shaving greens off their ribs, and coring apples and pears. Tramontina peeling knife, \$21; 125west.com

8. Cake tester

Not just for cakes! It will also tell you when your vegetables are tender all the way through. Ateco cake tester, \$3; amazon.com

9. Chef's knife

This is your workhorse. Invest in one that feels good in your hand. Aurachef.com for similar styles

10. Honing steel

Run your knife over this before you use it (every time!) to keep the blade aligned. Diamond sharpening steel, \$37; messermeister.com

5

Even the Towel Matters

Fox is particular about how his cooks fold their side towels. "If a cook's not folding his towel right," Fox says, "he might be cutting corners elsewhere." They're used as pot holders, to wipe cutting boards, to anchor a mixing bowl—and draped over the corner of a pan to signal that it's hot. This is how to earn his approval:



With the hem side facing up, fold towel in half; align corners.



Fold in half again to create a square.



And then in half again to create a tidy rectangle.

4

TASTE (AND SEASON) AS YOU GO Fox keeps a couple dozen demitasse spoons in front of him at work and uses them to dip into everything on the stove to check things as they cook. You don't need several, just one. The point is: Taste as you go. This is absolutely the most foolproof way to make sure your food is delicious—and if it's not, it allows you to adjust before it's done.

6

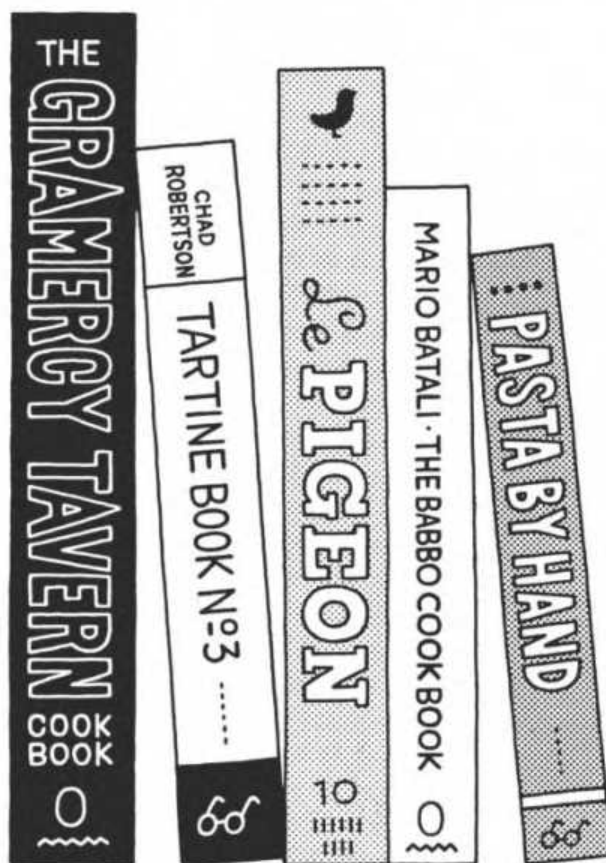
That Sweet-Salty Thing Never Gets Old

• Fox ain't above a party nut. These sugary, salty, fatty almonds are how diners can begin a meal at Rustic Canyon (and they're the only recipe Fox kept from Ubuntu). Thanks to a tactical addition of lavender, your guests will actually talk about them.

LAVENDER MARCONA ALMONDS

Finely grind **1 Tbsp. dried lavender** in a spice mill or with a mortar and pestle (you should have about 2 tsp.). Preheat oven to 300°. Toast **1 lb. toasted Marcona almonds (about 4 cups)** on a large rimmed baking sheet,

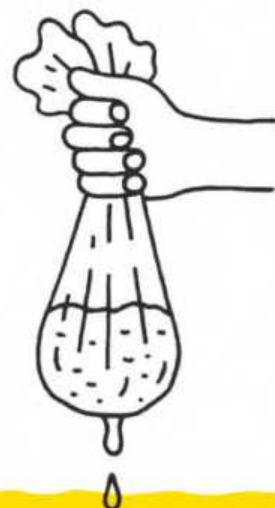
stirring halfway through, until golden brown, 12–15 minutes. Let cool, then transfer to a large bowl. Drizzle almonds with **3 Tbsp. olive oil** and toss to coat. Evenly sprinkle ground lavender, **2 Tbsp. sugar**, and **1½ tsp. kosher salt** over almonds and toss again to coat well. *Makes about 4 cups*



8 BE A BOOK-WORM


A classic cookbook should be your sous-chef. On Fox's shelf: *Le Pigeon*, *The Zuni Cafe Cookbook*, *Tartine Book No. 3*, *The Babbo Cookbook*, and Paul Bertolli's *Cooking by Hand*,

which Fox credits with teaching him the art of bottom-up cooking. "**My copy is covered with fat, blood, and grease,**" he says. As it should be.



7

FIND YOUR WHEY There's lots of whey (it's a by-product from making fresh ricotta) at Rustic Canyon. The cooks use it to simmer polenta, as a braising liquid for meat, and in place of egg whites in frothy cocktails. Lucky for you, it's something more and more cheese shops and specialty grocers now carry. Think of it as your new probiotic-filled vegetarian broth.



What sets Fox's roast chicken apart from all others? It's not the brine or the harissa rub, though both add a ton of flavor. The real magic is in the pool of schmaltz sizzling in the pan. Schmaltz, a.k.a. rendered chicken fat, *isn't* a neutral oil—and that's a good thing. It's infused with chicken essence, and **when the bird and its drippings get together, they form a kind of flavor symbiosis that's key to the juiciest, most finger-licking bird of all time.** And the spice-infused fat left in the pan afterward? You can use that, too (see Prep School, page 94).

ROAST
CHICKEN
VITH_HARISSA
AND_SCHMALTZ
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**9—(CHICKEN) FAT
IS YOUR FRIEND**

10 Make Your Own



**GARLIC
CONFIT**
P. 61



**REAL-DEAL
AIOLI**
P. 61



**THREE-
CHILE
HARISSA**
P. 61



**CALABRIAN
CHILE
BUTTER**
P. 61



The Rustic Canyon walk-in is filled with crazy condiments like fermented mustard, sorrel kimchi, and preserved limes. Cool. But why should you prepare your own flavor boosters? Spend some time making one of these, and you'll have an easy, fast way to add nuanced flavor.

"They lend depth and complexity that come from time," says Fox.

Use garlic confit in your next *aglio e olio* pasta; spoon some Calabrian chile butter over a pork chop during the last minute of cooking; serve roasted salmon with a dollop of aioli; add harissa to your next tomato sauce. And on and on.

12 LEMONS ARE GOLDEN

Most chefs will tell you that acidity elevates any dish, but then they get all highfalutin with the options. Barrel-aged vinegar. Twenty-year-old balsamic.

Fox finishes most dishes with a humble squeeze of lemon juice. (All of his line cooks have quart containers of wedges at their stations for juicing in the moment.) Why lemon? Aside from the fact that you can always find one, "You'll taste what it does to the food, not the lemon itself."

Along with salt and pepper, it's all you need to season everything from simple pastas to grilled fish, roasted meats, and sautéed vegetables, as well as pan sauces, grain salads—even run-of-the-mill lentil soup.



**CUT LEMON
WEDGES AHEAD
OF TIME, THEN
SQUEEZE AS
YOU COOK FOR
THE BRIGHTEST
FLAVOR.**

11

MANAGE YOUR FRIDGE Two rules: 1) chill leftover food in quart and half-quart deli containers, and 2) stick a label (i.e., masking or painter's tape) on the outside so everyone knows what's in there—and since when. It's neater, and it saves room in the fridge. Plus, it's been scientifically proven that 96 percent more leftovers would be consumed if only your family knew what the hell was in there!

13—ONIONS ARE FOR MORE THAN HAMBURGERS AND SOUP.



CHARRED
ONION
PETALS
P. 61

FOR MORE DETAILS, SEE SOURCEBOOK

Charred onions offer the best of three worlds: a slightly bitter taste (in a good way), caramelized edges, and crunchy-sweet flesh. Plus they look super cool when you separate the layers and serve in a salad or fill with all kinds of things. (Fox spoons polenta into them to serve with roast pork.) And if you want to eat them like potato chips, we won't tell.

DON'T THROW AWAY ANYTHING EDIBLE Waste not. The stems from Swiss chard (and beet greens, and young spinach—not to mention broccoli, cauliflower, and fennel stalks) shouldn't be trashed; they add texture and a layer of flavor to any sauté. Don't stop there: Herb stems from tender types like parsley, cilantro, and basil should be chopped along with the leaves.

WILTED CHARD WITH SHALLOTS AND VINEGAR

- 1 bunch Swiss chard, ribs and stems separated from leaves
- 2 Tbsp. olive oil
- 2 large shallots, thinly sliced into rings
- 2 garlic cloves, grated
- Kosher salt
- 2 tsp. Sherry vinegar or red wine vinegar

Cut Swiss chard stems into very small pieces. Tear leaves into 2" pieces and rinse well (you'll want some water still clinging to the leaves).

Heat oil in a large skillet over medium-high. Add chard stems, shallots, and garlic and season with salt. Cook, stirring occasionally, until vegetables are starting to soften but haven't taken on any color, about 2 minutes. Add chard leaves, season with salt, and cook, tossing occasionally, until leaves are tender and have released some liquid, about 3 minutes (stems will have a bit of crunch). Mix in vinegar; taste and season with more salt if needed. *4 servings*

BLACK BARLEY WITH MUSHROOM BROTH

- 1 cup black barley
- 12 crimini or white button mushrooms, stems and caps separated
- 4 bay leaves
- 1 Tbsp. kosher salt, plus more
- 4 large eggs
- 1 small red or watermelon radish, trimmed, thinly sliced
- ¼ cup kimchi, thinly sliced
- Small cilantro sprigs and olive oil (for serving)

Place barley in a medium bowl and add 3 cups cold water to cover. Cover and chill at least 12 hours.

Drain barley, reserving soaking liquid. Bring barley, mushroom stems, bay leaves, and 5 cups water to a boil in a large saucepan. Add 1 Tbsp. salt, then reduce heat and simmer very gently, stirring occasionally, until barley is tender and liquid is almost completely evaporated, 80–90 minutes. Drain and

transfer to a rimmed baking sheet to cool. Pluck out mushroom stems and bay leaves and discard.

While the barley is cooking, bring a medium saucepan of water to a boil and gently lower eggs into boiling water. Cook 6 minutes; transfer eggs to a bowl of ice water with a slotted spoon and let cool. Carefully peel; set aside.

Thinly slice mushroom caps and place half in a medium saucepan with reserved barley soaking liquid. Bring to a boil, then simmer until soaking liquid has taken on mushroom flavor, 10–12 minutes. Season with salt. Strain through a fine-mesh sieve into a medium bowl.

Divide barley among bowls. Top with radish and remaining sliced mushrooms. Cut eggs in half lengthwise and tuck into barley, yolk sides up. Nestle kimchi next to eggs. Pour mushroom broth over, dividing evenly. Garnish with cilantro and drizzle with oil.

DO AHEAD: Barley can be soaked 1 day ahead. Keep chilled. *4 servings*

BROTHY BEANS

- 1 lb. dried gigante, baby lima, or cannellini beans, or chickpeas, soaked in water overnight, drained
- 1 onion, halved
- 2 carrots, peeled, halved crosswise
- 2 celery stalks, halved crosswise
- Kosher salt, freshly ground pepper
- Olive oil (for drizzling)

Place beans, onion, carrots, and celery in a large pot and add cold water to cover by several inches. Bring to a boil, then reduce heat and simmer very gently until beans are cooked almost all the way through, about 1½ hours. Season with salt and continue to cook, adding more water if needed to keep beans submerged, until tender (outside skin should still be intact), 45–60 minutes. Discard onion, carrots, and celery.

Transfer beans and broth to a serving dish or a large bowl; season very generously with salt (start with 2 Tbsp.) and pepper and drizzle with oil.

DO AHEAD: Beans can be cooked and seasoned 2 days ahead. Let cool; cover and chill. Reheat gently before serving. *4–6 servings*

ROAST CHICKEN WITH HARISSA AND SCHMALTZ

- 3 garlic cloves, smashed, peeled
- ½ cup sugar
- ¼ cup coriander seeds
- 1 cup kosher salt, plus more
- 1 4–4½-lb. chicken, halved, backbone removed
- 1 cup Three-Chile Harissa (see recipe)
- ¼ cup schmaltz (chicken fat) or olive oil

Bring garlic, sugar, coriander seeds, 1 cup kosher salt, and 8 cups water to a boil in a large saucepan, stirring to dissolve sugar and salt. Transfer to a large bowl and add 1 cup ice. Let cool. (You can also refrigerate or freeze brine if you want to speed things up.)

While brine is cooling, bone chicken breasts, leaving leg and thigh quarters intact. Start by cutting off wing tips; discard. Place chicken, skin side down, on a cutting board. Working with 1 chicken half at a time, angle the blade of a thin, sharp knife flush against breast bone and cut along bone to separate the rib cage from flesh. The only bones remaining should be in the wing, thigh, and drumstick. Repeat on the other side (save bones for making your next pot of stock).

Place chicken halves in cooled brine. Cover tightly and chill 12 hours.

Transfer chicken to a rimmed baking sheet or baking pan and pick off coriander seeds. Spread harissa all over chicken. Cover tightly and chill at least 1 hour and up to 12 hours.

Preheat oven to 400° (if you have a convection oven, turn the convection fan on). Heat schmaltz in a large cast-iron pan over medium. Carefully place chicken halves, skin sides down, in pan, making sure all the skin is in the fat. Cook until skin darkens and starts to crisp, about 5 minutes. Transfer skillet to oven and roast chicken until skin is very dark and meat is more than halfway cooked through, 20–25 minutes.

Remove skillet from oven and carefully turn chicken. Return to oven and roast, skin side up, until an instant-read thermometer inserted into the thickest part of thigh registers 165°, 8–12 minutes.

Transfer chicken to a large platter, placing skin side up. Drizzle some of the schmaltz over chicken and serve remaining schmaltz alongside.

4 servings

THREE-CHILE HARISSA

- 3 oz. dried guajillo chiles (about 7 large or 15 small), seeds removed, torn into 1" pieces
- 1 oz. chipotle chiles (about 9 medium or 14 small), seeds removed, torn into 1" pieces
- 1 Tbsp. nigella seeds
- 1 tsp. coriander seeds
- 2 garlic cloves
- 1 Tbsp. ground cumin
- 1 tsp. kosher salt
- ½ tsp. Aleppo pepper or ¼ tsp. crushed red pepper flakes
- ½ cup olive oil
- 2 Tbsp. Champagne or white wine vinegar

INGREDIENT INFO: Nigella seeds can be found at Indian markets, some supermarkets, or online.

SPECIAL EQUIPMENT: A spice mill or a mortar and pestle

Place guajillo and chipotle chiles in a large heatproof bowl and pour in boiling water to cover. Let chiles soak until softened, 40–45 minutes; drain.

Grind nigella seeds and coriander seeds in a spice mill or with a mortar and pestle. Transfer to a food processor and add garlic, cumin, salt, and Aleppo pepper and pulse until garlic is very finely chopped. Add chiles and pulse until they are chopped. Add oil and vinegar and pulse just until incorporated (mixture should have the texture of a coarse paste).

DO AHEAD: Harissa can be made 1 week ahead. Cover and chill. Makes about 1½ cups

REAL-DEAL AIOLI

- 1 large egg yolk
- 4 medium garlic cloves, finely grated
- ½ tsp. kosher salt
- ½ cup olive oil

Whisk egg yolk, garlic, and salt in a medium bowl to combine. Mix in 1 tsp. water. Whisking constantly, add oil, drop

by drop at first, then ⅛-teaspoonful at a time as mixture emulsifies and thickens. (Do not add oil too quickly or aioli will break and oil will separate.) Whisk until oil is incorporated and aioli is stiff enough to hold its shape when spooned.

DO AHEAD: Aioli can be made 1 day ahead. Cover and chill. Makes about ½ cup

GARLIC CONFIT

- 3 heads of garlic, cloves peeled
- 1½ cups (or more) grapeseed oil

Preheat oven to 250°. Place garlic and oil in a small saucepan (add more oil if cloves aren't submerged). Cover and bake until cloves are golden and tender, about 2 hours. Let cool; transfer garlic and oil to an airtight container and chill.

DO AHEAD: Garlic can be cooked 2 weeks ahead. Keep chilled. Bring to room temperature before using. Makes about 1½ cups

CALABRIAN CHILE BUTTER

- 2 Tbsp. olive oil
- 1 10-oz. jar oil-packed Calabrian chiles, drained, seeds removed
- ¾ cup chopped garlic (about 1 head)
- ¾ cup chopped shallots (about 2)
- 1 lb. (4 sticks) unsalted butter, room temperature
- 2 scallions, dark green parts only, chopped
- ¼ cup chopped cilantro
- ¼ cup chopped parsley
- ½ tsp. finely grated lemon zest
- 2 Tbsp. fresh lemon juice
- 2 tsp. chopped oregano
- ½ tsp. ground mustard
- ½ tsp. smoked paprika
- 2 Tbsp. kosher salt, plus more

Heat oil in a medium skillet over medium-low. Cook chiles, garlic, and shallots, stirring occasionally, until soft but without taking on color, 10–12 minutes; let cool completely.

Transfer chile mixture to a blender, add butter, and blend to combine. Add scallions, cilantro, parsley, lemon zest, lemon juice, oregano, mustard, paprika, and 2 Tbsp. salt. Pulse to combine. Taste and add more salt if needed.

DO AHEAD: Chile butter can be made 1 week ahead. Cover and chill. Makes about 3¼ cups

CHARRED ONION PETALS

- 3 sweet onions (such as Vidalia; about 2½ lb. total)
- 2 Tbsp. grapeseed oil or vegetable oil
- Flaky sea salt

Preheat oven to 300°. Halve onions through root ends (do not trim tops). Remove outermost papery layers from each onion.

Heat a large cast-iron skillet over high. Add oil and swirl to evenly coat skillet. (Oil should shimmer and start to smoke almost immediately.) Add onion halves, cut sides down, nestling them close together. Reduce heat to medium-low and cook, undisturbed, until cut sides are blackened, 18–20 minutes. Surfaces will look and smell burnt.

Transfer skillet to oven and roast onions until the innermost layers are no longer raw but are still rigid, 10–15 minutes. Remove skillet from oven and transfer onions to a large rimmed baking sheet, placing cut sides up.

Let onions cool slightly, then trim papery tops with kitchen shears. Separate layers into individual petals; discard root ends (some center pieces may not curve, which is okay). Arrange petals in a single layer and season with salt. 8–12 servings

15

Make Family First

● If you follow @chefjeremy fox on Instagram, you've seen his photos of staff meal (#familymealrc), the dinner his employees eat just before the doors open for the night. The whole crew sits down together daily at 4:30. (If they can make time, so can you.) One of the highlights in the rotation: Their garlic-ginger fried chicken. Find the recipe in Prep School on page 95.



YOGURT NATION

FORGET FRUIT ON THE BOTTOM—CHEFS ARE SWIRLING IN VEGETABLES FOR SAVORY YOGURTS THAT WILL SAVE YOUR SNACK TIME (AND YOUR NEXT COCKTAIL PARTY TOO). JUST DIP AND REPEAT
RECIPES BY CHRIS MOROCCO

Low-Fat, High Marks

For these recipes, use low-fat Greek yogurt—fat-free is astringent and chalky, and the richness of full-fat can drown out other flavors. We like Fage and Wallaby.



Slather the **CARROT YOGURT** on crispbread-style crackers or toast, or use it as a condiment for a chicken sandwich.



Like a lighter riff on French ONION DIP; this one is just begging for chips or crackers.



Dunk cucumbers in the RADISH YOGURT, or spoon some on a plate, throw a fried egg on top, and call it breakfast.



VADOUVAN-CARROT YOGURT

Heat **2 Tbsp. olive oil** in a large skillet over medium-high. Add **1 small bunch carrots, peeled, sliced ¼" thick**; season with **salt** and **pepper** and cook, tossing occasionally, until tender and beginning to brown, 12–15 minutes. Add **2 thinly sliced garlic cloves** and **1 Tbsp. vadouvan spice mixture or Madras curry powder**; cook, tossing often, until fragrant, about 2 minutes. Let cool slightly, then transfer to a food processor or blender. Add **1½ cups low-fat plain Greek yogurt** and **2 Tbsp. fresh lime juice**; purée until smooth.

Heat **1 Tbsp. olive oil** and **1 tsp. vadouvan or Madras curry powder** in a small skillet until spices are sizzling and fragrant, about 2 minutes. Divide yogurt among bowls and drizzle with spice oil.

DO AHEAD: Yogurt and spice oil can be made 3 days ahead. Cover and chill yogurt; store spice oil tightly covered at room temperature. *4 servings*

CARAMELIZED SHALLOT YOGURT

Heat **2 Tbsp. olive oil** in a medium skillet over medium. Add **2 cups finely chopped large shallots (about 4)** and season generously with **salt** and **pepper**. Cook, stirring occasionally and reducing heat if needed to keep shallots from burning, until golden brown and tender, 15–18 minutes. Let cool slightly. Mix cooked shallots and **1 Tbsp. apple cider vinegar** into **1½ cups low-fat plain Greek yogurt** in a medium bowl; season with salt and pepper.

Just before serving, stir **1 Tbsp. sliced chives** into yogurt. Divide among bowls and top with more sliced chives and pepper.

DO AHEAD: Yogurt (without chives) can be made 3 days ahead; cover and chill. *4 servings*

RADISH YOGURT WITH PINE NUTS

Toss **8 very thinly sliced medium radishes** and a couple pinches of **salt** in a small bowl to combine. Let sit until salt begins to draw out water from radishes, about 5 minutes. Massage radishes, gently at first, then more vigorously as they start to expel water. Squeeze out excess liquid; finely chop radishes.

Mix radishes, **1½ cups low-fat plain Greek yogurt**, **2 Tbsp. olive oil**, **½ tsp. finely grated lemon zest**, and **1 Tbsp. fresh lemon juice** in a medium bowl; season with salt and pepper.

Divide yogurt among bowls and top with **1 Tbsp. toasted pine nuts** and more pepper.

DO AHEAD: Yogurt (without nuts) can be made 3 days ahead; cover and chill. *4 servings*



TAKE STOCK

THE WORLD FINALLY FIGURED OUT THAT BROTH—BRODO, STOCK, BOUILLON, WHATEVER YOU CALL IT—IS MORE THAN JUST THE BASE OF A GREAT SOUP: IT'S NOURISHING, RESTORATIVE, AND, ABOVE ALL, DRINKABLY DELICIOUS

BY CHRISTINE_MUHLKE RECIPES BY CAMILLE_BECERRA

SPICY
FEEL-GOOD
CHICKEN
SOUP
P. 71



Double
Your
Pleasure

• Of course, chicken bones can be used for stock (wings and necks are ideal), but a whole bird doubles the payoff: It yields very flavorful broth, along with tender poached meat that can be added to the finished dish.

THE STOCKS



COCONUT-CLAM STOCK



BACK-BURNER STOCK



TOASTED GARLIC-BEEF STOCK



SPICY CHICKEN STOCK

IT REALLY IS LIQUID GOLD. If you have good stock, you can transform almost any dish—from braises to beans—into one that's exponentially more delicious. Float a few noodles in it and you have an instantly satisfying soup; drink it straight from a mug for a robust shot of nourishment. There's a reason that every restaurant makes it daily and why every home cook should keep a few quarts in the freezer. As these recipes, developed by chef Camille Becerra—most recently of Navy in New York City—show, taking the time to create a great base of flavor is actually the ultimate shortcut, and sometimes it doesn't take that long at all. Try using her four basic stocks in the recipes on page 71 (we love the 30-minute one made from kitchen scraps!), then start thinking of ways to increase the stock value of your next meal.

COCONUT-CLAM STOCK

MAKES ABOUT 3 CUPS *The clams give up all their essence in this rich coconut-based stock. It's great for curries, or use it as the liquid base for a pot of steamed mussels or littleneck clams.*

- 1 Tbsp. virgin coconut oil or vegetable oil
- 1 medium onion, coarsely chopped
- 1 fennel bulb, trimmed, coarsely chopped
- 1 lemongrass stalk, tough outer layers removed, lightly smashed, coarsely chopped
- 2 bay leaves
- 6 cherrystone or other large hard-shell clams, scrubbed
- 1 cup dry white wine
- 1 13.5-oz. can unsweetened coconut milk
- Kosher salt

Heat oil in a large pot over medium-low. Add onion, fennel, lemongrass, and bay leaves. Cover and cook, checking and stirring halfway through to ensure no browning occurs, until softened, 8-10 minutes. (The flavor won't be ruined if the vegetables take on color, but the stock will end up grayish.)

Add clams and wine and increase heat to medium-high. Cover and cook until clams open, 12-15 minutes. Add coconut milk and 1 cup water. Bring to a boil, then reduce heat and simmer 15 minutes.

Strain stock through a fine-mesh sieve into a large bowl, pressing on solids; discard solids. Season stock with salt. Blend with an immersion blender until smooth and emulsified, if desired.

BACK-BURNER STOCK

MAKES ABOUT 3½ CUPS *This light-bodied broth is a mélange of scraps that you can collect and save as you cook during the week—use whatever you have. For a shrimp and chorizo paella to make with this, go to bonappetit.com/paella.*

- 1 Tbsp. olive oil
- 3 oz. charcuterie trimmings (such as ham, bacon, and/or sausage ends)
- 1 medium onion, coarsely chopped
- 1 bunch cilantro stems
- 6 garlic cloves, unpeeled, halved
- 2 bay leaves

- 1 cup coarsely chopped mixed vegetables (such as carrots, celery, and/or fennel)

- 1 tsp. coriander or fennel seeds
- Pinch of crushed red pepper flakes

Shrimp shells (optional)

Heat oil in a large pot over medium-high. Add charcuterie, onion, cilantro stems, garlic, bay leaves, vegetables, coriander seeds, red pepper flakes, and shrimp shells (if using) and cook, stirring occasionally, until shells turn bright pink and vegetables are softened, about 5 minutes. Add 5 cups cold water and bring to a boil. Reduce heat to medium-low and simmer 20 minutes.

Strain stock through a fine-mesh sieve into a large bowl, pressing on solids; discard solids.

DO AHEAD: Stock can be made 3 days ahead. Let cool; cover and chill, or freeze up to 3 months.

SPICY CHICKEN STOCK

MAKES ABOUT 3 QUARTS *All the rejuvenating powers of your grandmother's chicken stock, plus a head-clearing kick of chile.*

- 1 3-lb. whole chicken
- ½ bunch celery, coarsely chopped
- 1 medium onion, coarsely chopped
- 1 bunch cilantro or parsley stems
- 2 medium carrots, scrubbed, coarsely chopped
- 1 lemongrass stalk, tough outer layers removed, lightly smashed, coarsely chopped
- 8 dried chiles de árbol
- 2 dried guajillo chiles
- 2 jalapeños, halved lengthwise
- 1 head of garlic, cut in half crosswise
- 1 3" piece ginger, peeled
- 3 bay leaves
- 1 Tbsp. coriander seeds

Place chicken, celery, onion, cilantro, carrots, lemongrass, chiles de árbol, guajillo chiles, jalapeños, garlic, ginger, bay leaves, and coriander in a large stockpot. Add cold water to cover, then bring to a boil over medium heat. Reduce heat and simmer, occasionally skimming fat and foam from surface, 30 minutes. Transfer chicken to a rimmed baking sheet; simmer stock 30 minutes longer.

Once chicken is cool enough to handle, remove skin and shred meat (you should have about 4 cups); discard bones and skin. Reserve chicken for Spicy Feel-Good Chicken Soup (see recipe on p. 71) or another use.

Let stock cool, then strain through a fine-mesh sieve into a large bowl, pressing on solids; discard solids.

DO AHEAD: Stock can be made 3 days ahead. Let cool; cover and chill, or freeze up to 3 months.

TOASTED GARLIC-BEEF STOCK

MAKES ABOUT 2½ QUARTS *Roasting the bones develops rich, long-cooked flavor and lends a dark golden color.*

- 4 lb. beef bones
- ½ bunch celery, coarsely chopped
- 1 medium onion, coarsely chopped
- 4 medium carrots, scrubbed, coarsely chopped
- 1 Tbsp. tomato paste
- ½ cup olive oil
- 1 head of garlic, cloves thinly sliced
- 1 bunch herb stems (such as parsley, cilantro, and/or thyme)
- 4 bay leaves
- ½ tsp. black peppercorns
- ½ tsp. coriander seeds

Preheat oven to 450°. Roast bones on a parchment-lined rimmed baking sheet 30 minutes. Arrange celery, onion, and carrots on sheet; roast 10 minutes. Spread tomato paste over bones and vegetables and roast 5 minutes more; let cool.

Meanwhile, heat oil in a small saucepan over medium and cook garlic, shaking pan occasionally, until golden, about 5 minutes. Immediately strain oil through a fine-mesh sieve into a bowl; set aside garlic. Set aside oil for Ditalini Risotto (see recipe on p. 71) and other uses.

Transfer bones and vegetables to a large pot; pour in cold water to cover. Add herb stems, bay leaves, peppercorns, coriander seeds, and reserved garlic. Bring to a boil over medium heat. Reduce heat to low and simmer, skimming fat and foam from surface, until caramel colored and flavorful, about 3 hours. Strain stock through a fine-mesh sieve into a large bowl, pressing on solids; discard solids.

DO AHEAD: Stock can be made 3 days ahead. Let cool; cover and chill, or freeze up to 3 months.



**AS EASY AS
BOILING WATER,
THESE SUPER
STOCKS BREAK
THE LONG-SIMMER-
TIME STEREOTYPE.
PLUS, THEY'RE
SO FLAVORFUL
YOU MAY FIND
YOURSELF DRINKING
THEM STRAIGHT
OUT OF A MUG.''**

—CAMILLE BECERRA

**RED
SNAPPER
WITH
COCONUT-
CLAM
BROTH
P. 71**





Simmer Down!

• Stock—not just this one, made with coconut milk—should be simmered, not boiled. (With meat stock, boiling too hard emulsifies the fat, creating a murky situation.) Bring liquid just to the boiling point, then lower it to a bare bubble.



Top It Up

● Make sure the beef bones are covered by at least four inches of water: As the stock reduces, you want to be able to skim impurities from off the top of the liquid without scraping the ladle on the bones.



DITALINI
RISOTTO

RED SNAPPER WITH COCONUT-CLAM BROTH

4 SERVINGS *The fennel seeds turn into an aromatic, crunchy crust on the skin.*

Coconut-Clam Stock
(see recipe on p. 67)

- 4 5-oz. red snapper fillets
- 2 tsp. kosher salt
- 2 tsp. fennel seeds, lightly crushed
- 2 Tbsp. virgin coconut oil or vegetable oil
- ¼ cup cilantro leaves with tender stems
- ¼ cup alfalfa sprouts
- 2 tsp. toasted unsweetened shredded coconut
- Flaky sea salt
- Olive oil (for drizzling)

Heat stock in a medium pot over low; keep warm.

Meanwhile, sprinkle fish on both sides with kosher salt. Top skin side with fennel seeds, patting lightly to adhere.

Heat coconut oil in a large cast-iron or nonstick skillet over medium-low. Working in 2 batches, cook fish, skin side down, until skin is crisp, 6–8 minutes. Turn and cook on other side 30 seconds.

Divide stock among shallow bowls. Add a fish fillet to each, placing skin side up, and top with cilantro, sprouts, coconut, and some sea salt. Drizzle with olive oil.

DITALINI RISOTTO

4 SERVINGS *Rather than being cooked in salted water, the pasta is treated like risotto—simmered in stock and stirred until cooked and creamy—which gives it plenty of time to pick up meaty flavors.*

- 2 Tbsp. unsalted butter
- 2 Tbsp. garlic oil (see **Toasted Garlic-Beef Stock** on p. 67) or olive oil, plus more for drizzling
- 1 medium onion, finely chopped
- 1 cup dry white wine
- 1 lb. ditalini or other short, tubular pasta
- 6 cups (or more) **Toasted Garlic-Beef Stock** (see recipe on p. 67)
- ½ cup finely grated Pecorino, plus more for serving
- Kosher salt
- 1 cup baby kale
- 1 cup baby mustard greens or other spicy greens
- 2 tsp. freshly ground black pepper

Heat butter and 2 Tbsp. oil in a large pot over medium. Add onion and cook, stirring occasionally, until soft and golden brown, 12–18 minutes. Add wine, bring to a boil, and cook until liquid is reduced by half, 8–10 minutes. Add ditalini and 2 cups stock and cook, stirring occasionally and adding remaining 4 cups stock 1 cup at a time as pasta absorbs liquid, until pasta is al dente and sauce loosens, 25–30 minutes.

Add ½ cup Pecorino and cook until cheese is melted and mixture is creamy. If sauce becomes too thick, add more stock until it's slightly runny again. Season pasta with salt. Divide among shallow bowls and top with kale, mustard greens, and more Pecorino. Sprinkle with pepper and drizzle with oil.

SPICY FEEL-GOOD CHICKEN SOUP

4 SERVINGS *The squash and cabbage greens are seasonal and healthy, but you can add whatever veggies you like.*

Spicy Chicken Stock
(see recipe on p. 67)

- 1 2-lb. kabocha squash
- 4 cups thin wedges mixed cabbages (such as bok choy, Napa, and savoy)
- 4 cups cooked chicken (see **Spicy Chicken Stock** on p. 67)
- Kosher salt, freshly ground pepper
- 1 jalapeño, thinly sliced
- Basil leaves, cilantro leaves with tender stems, and chili oil (for serving)
- 1 2" piece ginger, peeled, finely grated
- 3 limes, cut into wedges

Heat stock in a large pot over medium.

Meanwhile, cut squash into 4 wedges and remove seeds. Cut each wedge into 4 pieces. Add squash to stock and simmer until tender, 8–10 minutes. Add cabbage and cooked chicken and cook until warmed through, about 4 minutes. Season with salt and pepper.

Divide soup among bowls. Top with jalapeño and some basil and cilantro; drizzle with chili oil and finish with a pinch of ginger. Serve with lime wedges for squeezing over.

DO AHEAD: Soup (without toppings) can be made 3 days ahead. Let cool; cover and chill.

BRODO TOOL KIT

● **Making stock is as simple as throwing bones and aromatics into a big pot of water. But to get the best flavor, you need a few basic tools. We asked Marco Canora, chef of New York's Hearth and Brodo and author of the new cookbook *Brodo: A Bone Broth Cookbook*, to share his essentials.**



18-qt. Stockpot

"When you make broth in a six-quart pot, you're going to yield three quarts total," Canora says. "You can't even make one big batch of soup with that!"



Fine-Mesh Skimmer

"The beginning stages yield coagulated protein matter so fine it can slip through the finest mesh strainer. Using a long-handled skimmer while it's floating on top is a good first step."



Fine-Mesh Chinois

"This is absolutely a must because you want to get all that particulate matter out of there," says the chef.



Storage Options

"Stock is versatile, so you want different ways to get it out of the freezer. The trick is to have pints, quarts, and ice cube trays. You want to have this s*&! around!"

BUILDING BLOCKS



SPICY TOFU CRUMBLES



TOASTED NORI MAYONNAISE



ROASTED VEG WITH NUTRITIONAL YEAST



ROASTED GARLIC CHILI SAUCE



SPROUTED RED LENTILS



SALTED RED CABBAGE



 PUFFED RICE AND COCONUT CRUNCHIES



 HORSE RADISH-PUMPKIN SEED PESTO



 MARINATED FETA WITH ROASTED LEMON



 MISO-TURMERIC DRESSING



 CASHW CAESAR DRESSING



 PICKLED SCALLIONS

THE NOT-SO-SECRET FORMULA BEHIND SWEETGREEN AND OTHER D.I.Y. SALAD SPOTS? IT'S CALLED
MISE EN PLACE. GIVE AN HOUR TO PREPPING A FEW OF THESE COMPONENTS, AND THANK YOURSELF ALL WEEK LONG
RECIPES BY CLAIRE SAFFITZ



ASK ANY CHEF:

There's nothing more important than one's *mise en place*. (That would be your setup.) A little prep work is the difference between your college cafeteria, where the most exciting salad-bar ingredient was Craisins, and the Sweetgreen/Tender Greens/Venture-Capital-Backed-Grain-Bowl-Dispensary-Near-You, where it'd be weird if your roasted curry cauliflower weren't casually drizzled with tahini yogurt.

This is the kind of healthy, satisfying food that we all wish would simply materialize at home for dinner. And it can, if you start acting like a prep cook.

Here's how it works. Set aside some time on a Sunday, and make a few of these Building Blocks: Roast a squash, massage some cabbage with salt, blitz together a pesto, whichever. Seal them all up—they'll keep in the fridge for five days.

Now fast-forward to Tuesday night. Combine a few Building Blocks. Add something simple, like a steak or noodles. (Keep turning the pages—we have combo ideas.) An impressive dinner comes together in minutes.

How? Because that #@%! is *mise-en-placed*.

—Julia Kramer

THE BUILDING BLOCKS

PICKLED SCALLIONS

- 1 bunch scallions
- 2 tsp. mustard seeds
- 1 tsp. coriander seeds
- ½ tsp. cumin seeds
- 1 cup white wine vinegar
- ½ cup sugar
- 1 Tbsp. kosher salt

Trim both ends of scallions and cut in half crosswise. Pack into a 1-pint heatproof jar.

Toast mustard, coriander, and cumin seeds in a dry small saucepan over medium-low heat, tossing often, until fragrant, about 2 minutes. Add to jar.

Bring vinegar, sugar, and salt to a simmer in same saucepan over medium heat, stirring to dissolve sugar and salt. Pour brine over scallions and seal jar. Chill at least 1 day before using.

Makes 1 pint

TRY IT: anywhere you'd use pickled onion, such as in grain bowls, on roasted carrots, or on a cheese sandwich.

SPICY TOFU CRUMBLES

- 1 lb. extra-firm tofu, sliced ¾" thick
- 2 Tbsp. vegetable oil
- 1 Fresno chile, thinly sliced
- 3 Tbsp. soy sauce
- 2 Tbsp. mirin
- 2 Tbsp. Sriracha or gochujang (Korean hot pepper paste)
- 2 Tbsp. unseasoned rice vinegar
- 2 tsp. toasted sesame oil
- 1 tsp. finely grated fresh ginger

Arrange tofu slices in a single layer on a paper towel-lined plate and cover with a few more paper towels. Press down firmly on tofu with your hands to expel excess liquid.

Heat vegetable oil in a large skillet, preferably cast iron. Cook tofu, turning once, until browned, 7–10 minutes total. Transfer to a plate and let cool.

Meanwhile, whisk chile, soy sauce, mirin, Sriracha, vinegar, sesame oil, and ginger in a medium bowl to combine.

Crumble tofu into small pieces and add to bowl; toss to combine.

Makes about 1½ cups

TRY IT: tossed into stir-fries, as a burrito filling, or folded into sautéed greens.

ROASTED GARLIC CHILI SAUCE

- 1 red bell pepper, halved lengthwise, seeds and ribs removed
- 2 Fresno chiles, seeds removed if desired
- 1 head garlic, halved crosswise
- 2 small shallots, peeled
- 2 Tbsp. vegetable oil
- Kosher salt
- ¼ cup (or more) unseasoned rice vinegar
- 1½ tsp. honey

Preheat oven to 425°. Toss bell pepper, chiles, garlic, shallots, and oil on a rimmed baking sheet to coat; season with salt. Turn garlic cut side down and roast until pepper and chiles are softened and blistered in spots, 10–15 minutes. Let cool.

Squeeze garlic cloves out of their skins into a food processor. Add bell pepper, chiles, shallots, vinegar, and honey and process until smooth. Taste chili sauce and season with more salt and vinegar if needed.

Makes about 1½ cups

TRY IT: smeared on pork, folded into scrambled eggs, or tossed with rice.

PUFFED RICE AND COCONUT CRUNCHIES

- ½ cup plain puffed brown rice
- ¼ cup unsweetened coconut flakes
- 1 Tbsp. virgin coconut oil, warmed to liquefy if needed
- 1½ tsp. brown rice syrup or pure maple syrup
- 2 tsp. sesame seeds
- ¾ tsp. poppy seeds
- ½ tsp. smoked paprika
- Kosher salt

Preheat oven to 400°. Toss puffed rice, coconut flakes, coconut oil, brown rice syrup, sesame seeds, poppy seeds, and paprika on a rimmed baking sheet until rice and coconut are evenly coated. Season with salt and roast until coconut is golden brown, about 4 minutes.

Let cool. Makes about 1½ cups

TRY IT: sprinkled on peanut butter toast or stirred into plain yogurt that's been seasoned with fresh lemon juice and salt.



**ROASTED
GARLIC
CHILI
SAUCE**

*ramen
noodles*

*chopped
peanuts*

The Noodle Bowl

Cook **two 5.5-oz. servings** fresh or dried ramen noodles. During the last minute of cooking, add **4 cups torn escarole**. Drain; rinse under cold water. Toss noodles, escarole, and **3 Tbsp. Roasted Garlic Chili Sauce** in a large bowl until coated; season with **salt**. Divide between 2 bowls, and arrange everything else on top.

**SPICY
TOFU
CRUMBLES**



**PICKLED
SCALLIONS**



*torn
escarole*

*thinly
sliced
radish*

The Salad

Divide **6 cups torn romaine hearts** between 2 plates or shallow bowls. Season with **salt** and **pepper**; drizzle with **Cashew Caesar Dressing**. Top with everything else and drizzle with more dressing.



**CASHEW
CAESAR
DRESSING**

P. 79



**SALTED
RED
CABBAGE**

P. 79



*romaine
hearts*

**PUFFED
RICE AND
COCONUT
CRUNCHIES**

P. 74



*store-bought
hot-smoked
salmon*

*thinly
sliced red
onion*

*cooked
black
rice*

*fried
egg*


**ROASTED
VEG. WITH
NUTRITIONAL
YEAST**
P. 79


**MISO-
TURMERIC
DRESSING**
P. 79

**TOASTED
NORI
MAYONNAISE**
P. 79



*cilantro
leaves and
stems*

*sliced
avocado*

The Stir- Fry

Heat **1 Tbsp. vegetable oil** in a large skillet over medium-high. Cook **2 cups cooked black rice**, stirring, until grains no longer stick together, about 2 minutes. Stir in **¼ cup Miso-Turmeric Dressing**; season with **salt**. Divide between 2 bowls; top with everything else, and drizzle with more dressing.

The Meat & Three

Toss 1 cup Sprouted Red Lentils with 2 Tbsp. Horseradish-Pumpkin Seed Pesto; season with salt. Divide lentil mixture between 2 shallow bowls or plates and top with **steak** and everything else.


**SPROUTED
RED LENTILS**

*sliced
seared
steak*


**ROASTED
VEG. WITH
NUTRITIONAL
YEAST**

**MARINATED
FETA WITH
ROASTED
LEMON**



*coarsely
chopped
almonds*

**HORSERADISH-
PUMPKIN
SEED PESTO**



MORE BUILDING BLOCKS

► These recipes will all keep for five days in the fridge.

SPROUTED RED LENTILS

1 cup red lentils

Rinse lentils in cold water; drain. Repeat 2 more times; transfer to a 1-qt. glass jar and add cold water to cover. Secure a layer of cheesecloth or a paper towel over top with a rubber band. Let sit 12 hours.

Drain lentils, re-cover, and let sit at room temperature, rinsing and draining 1 or 2 times daily, until sprouted, 1–2 days. *Makes about 2½ cups*

TRY IT: tossed in slaw, stirred into soup, or fried with roasted veg to make fritters.

HORSE RADISH–PUMPKIN SEED PESTO

- ½ cup unsalted, roasted pumpkin seeds (pepitas)
- 2 Tbsp. grated peeled horseradish or 1 Tbsp. drained prepared horseradish
- 2 cups cilantro leaves with tender stems
- 1 Tbsp. fresh lime juice
- ¼ cup (or more) olive oil
- Kosher salt

Finely grind pumpkin seeds and horseradish in a food processor. Add cilantro and lime juice; pulse until cilantro is finely chopped. With motor running, stream in ¼ cup oil; process just to combine. Add more oil if pesto is too thick; season with salt. *Makes about ¾ cup*

TRY IT: schmear on toast, tossed with pasta, or dolloped on a baked potato.

MARINATED FETA WITH ROASTED LEMON

- 1 lemon, sliced, seeds removed
- 2 Tbsp. plus ½ cup olive oil
- 8 oz. feta, sliced ½" thick
- 2 dried chiles de árbol or other dried red chiles, lightly crushed
- 2 bay leaves
- 2 Tbsp. fresh lemon juice
- Freshly ground black pepper

Preheat oven to 400°. Toss lemon slices and 2 Tbsp. oil on a rimmed baking sheet; roast until caramelized and lightly charred in a few spots, 10–12 minutes; let cool.

Combine lemon slices, feta, chiles, bay leaves, lemon juice, and remaining ½ cup oil in a small dish; season with pepper. Cover; chill 12 hours. *Makes about 2 cups*

TRY IT: with white beans on toast, in salads, or puréed and spread on pita.

SALTED RED CABBAGE

- 1 tsp. fennel seeds
- ½ small red cabbage, core removed, leaves cut into 1" pieces
- 2 Tbsp. kosher salt, plus more
- 3 Tbsp. apple cider vinegar
- 3 Tbsp. olive oil
- Pinch of sugar
- Freshly ground black pepper

Toast fennel seeds in a dry small skillet over medium-low, tossing, until fragrant, about 2 minutes; transfer to a small bowl.

Toss cabbage and 2 Tbsp. salt in a large bowl. Massage vigorously until cabbage begins to release water and soften, about 2 minutes. Rinse in cold water until no longer too salty; squeeze out excess liquid and pat dry. Toss in a large bowl with vinegar, oil, sugar, and fennel seeds. Season with pepper. *Makes about 4 cups*

TRY IT: alongside a chicken cutlet, on a turkey sandwich, or thrown into a stir-fry.

CASHEW CAESAR DRESSING

- 4 oil-packed anchovy fillets
- ¼ cup raw cashews
- 3 Tbsp. fresh lemon juice
- 1 Tbsp. Dijon mustard
- 2 tsp. Worcestershire sauce
- 1 tsp. garlic powder
- ½ cup olive oil
- Kosher salt

Blend anchovies, cashews, lemon juice, mustard, Worcestershire sauce, and garlic powder in a blender on low speed until cashews are broken up. Increase speed to high and blend until nuts are very finely ground. With motor running, gradually add oil and 2 Tbsp. water; blend, adding more water if too thick, until smooth. Season with salt. *Makes about ¾ cup*

TRY IT: drizzled over roasted potatoes or as a sub for mayo in chicken salad.

MISO–TURMERIC DRESSING

- ⅓ cup unseasoned rice vinegar
- ¼ cup mirin
- ¼ cup vegetable oil
- 2 Tbsp. finely grated carrot
- 2 Tbsp. white miso
- 1 Tbsp. finely grated peeled ginger
- 2 tsp. finely grated peeled turmeric or ½ tsp. ground turmeric
- 1 tsp. toasted sesame oil

Whisk vinegar, mirin, vegetable oil, carrot, miso, ginger, turmeric, and sesame oil in a small bowl. *Makes about 1 cup*

TRY IT: tossed with cooked soba noodles or drizzled over seared salmon.

ROASTED VEG WITH NUTRITIONAL YEAST

- 2 small heads broccoli, cut into florets with some stalk attached, or 1 medium acorn squash, seeds removed, cut into ½" slices
- 2 Tbsp. virgin coconut oil, warmed to liquefy if needed
- Kosher salt, freshly ground pepper
- 2 Tbsp. nutritional yeast

Preheat oven to 425°. Toss vegetables with oil on a rimmed baking sheet to coat; season with salt and pepper. Roast until deep golden brown and tender, 20–25 minutes. Let cool slightly, then toss with nutritional yeast. *Makes about 4 cups*

TRY IT: in a frittata, folded into a grain salad, or in a hash with bacon.

TOASTED NORI MAYONNAISE

- 3 toasted nori sheets, chopped
- 1 cup mayonnaise
- 2 tsp. fresh lime juice
- Kosher salt

Finely grind nori in a spice mill or a blender. Mix nori, mayonnaise, and lime juice in a small bowl; season with salt. *Makes about 1 cup*

TRY IT: as a dip, on crackers with smoked fish, or over hard-boiled eggs.

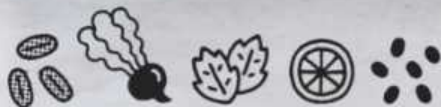
POWER UP

TODAY'S AMPED-UP SMOOTHIES ARE MORE SAVORY THAN SWEET AND MADE FOR ANY MEAL. WE GO BEYOND BANANA-STRAWBERRY TO BRING YOU FOUR INCREDIBLY GOOD, INCREDIBLY GOOD-FOR-YOU BLENDS (YES, COFFEE AND CACAO ARE OFFICIALLY SUPERFOODS) THAT YOU DON'T HAVE TO WAIT IN LINE FOR

RECIPES BY CLAIRE SAFFITZ

*For All
Drinks*

BLEND INGREDIENTS
WITH ½ CUP ICE
UNTIL SMOOTH.



BERRY, BEET, MINT, LIME, AND CHIA SEED SMOOTHIE

¾ cup almond milk + ¾ cup frozen blackberries and/or blueberries + ¼ cup grated beet (about 1 small) + ¼ cup mint leaves + 2 Tbsp. fresh lime juice + 1 Tbsp. ground chia seeds + 1 Tbsp. honey + Pinch of kosher salt



AVOCADO, KALE, PINEAPPLE, AND COCONUT SMOOTHIE

½ avocado + ½ cup coarsely chopped kale + ½ cup frozen pineapple chunks + ¼ cup coarsely chopped coconut meat + 1 cup coconut water or iced green tea + 2 Tbsp. fresh lemon juice + 1 Tbsp. agave nectar + 1 Tbsp. matcha + Pinch of kosher salt

Get the nitty-gritty on hemp seeds (flaxseed, too!) in Prep School, page 95.



TROPICAL CARROT, TURMERIC, AND GINGER SMOOTHIE

1 orange, peel and white pith removed + 1 large carrot, coarsely chopped + ½ cup frozen mango chunks + ¾ cup coconut water + 1 Tbsp. shelled raw hemp seeds + 1½ tsp. finely grated peeled turmeric + ¾ tsp. finely grated peeled ginger + Pinch of cayenne pepper + Pinch of kosher salt



BANANA, COFFEE, CASHEW, AND COCOA SMOOTHIE

1 banana, preferably frozen + 2 Medjool dates, pitted + ½ cup cold-brew coffee + ¼ cup raw cashews, preferably soaked overnight + 3 Tbsp. old-fashioned oats, preferably soaked overnight + 1 Tbsp. unsweetened cocoa powder + Pinch of ground cardamom + Pinch of kosher salt

JAPANESE

HOME COOKING





ANYTHING
GOES
DONABE
P. 86

1 Donabe

Every culture has a tradition of one-pot meals. Japan's *donabe* just happens to be the tastiest and most elegant one on the planet.

The word refers both to warming combinations of simmered-together ingredients and to the beautiful earthenware pot they're traditionally cooked in. And while most one-pots are long-cooked, our favorite *donabes* are kitchen-sink compositions that are ready in minutes.

► Buy your own donabe vessel at toirokeitchen.com



LEAVE THE PRISTINE SUSHI TO THE RESTAURANTS. JAPANESE HOME COOKING IS FULL OF FLAVOR, LIGHT ON INGREDIENTS, GOOD FOR YOU, AND SURPRISINGLY QUICK TO MAKE—IN OTHER WORDS, THE HOLY GRAIL OF WEEKNIGHT MEALS. BRING SOMETHING DIFFERENT TO THE TABLE WITH THESE SIX CLASSIC RECIPES

BY AMIEL STANEK RECIPES BY TADASHI ONO AND HARRIS SALAT

2

Dashi

• You know how properly made stock is the backbone of French cooking? That's what dashi is to Japanese food.

Smoky and sultry, it's the umami-loaded base layer in hundreds of dishes. Instead of piles of bones and hours of simmering, all you need to make dashi are 45 minutes and two powerhouse ingredients—*kombu* (kelp) and bonito flakes (tuna that's been dried, fermented, and smoked).



TAKIKOMI
GOHAN



CHAWANMUSHI



AGEDASHI
TOFU



GYOZA WITH
PONZU



RAMEN



SHABU-
SHABU



OKONOMIYAKI



UDON
SOUP



TAMAGO
SUSHI



MISO



ZARU SOBA
WITH
MENTSUYU



DASHI

Combine two 6x5" pieces dried kombu and 8 cups water in a large saucepan. Let sit until kombu softens, 25–35 minutes. Bring to a boil over medium. Immediately remove from heat; fish out kombu and discard.

Add a splash of water to liquid to cool slightly. Add 3 cups bonito flakes; stir once to submerge. Bring to a gentle

simmer; cook, skimming off foam and reducing heat if needed, 5 minutes. Remove from heat; let steep 15 minutes.

Strain dashi through a cheesecloth-lined colander or a fine-mesh sieve into a medium bowl; do not press on solids.

DO AHEAD: Dashi can be made 2 days ahead. Let cool; cover and chill. 4 servings

Take It Easy

Dashi's more like making a delicate tea than a stock. You're looking to extract the flavor of kombu through gentle heating, and then the bonito through steeping.

SPINACH OHITASHI

Stir **1 cup room-temperature Dashi** (see recipe, left), **¼ cup soy sauce**, and **2 Tbsp. mirin** in a small bowl.

Cook **1 trimmed bunch mature spinach** (watercress, mizuna, and even broccoli florets would work) in a large pot of boiling salted water just until wilted and bright green, a matter of seconds. Drain and transfer to a large bowl of lightly salted ice water; let cool. Drain and squeeze out excess liquid from greens. Pack into a cylinder shape. Cut in half crosswise or into bite-size lengths.

Place in a bowl and spoon broth over. Top with **bonito flakes**. 4 servings

TURNING JAPANESE

Many of our favorite chefs rely on these dishes when they're too tired to get all complicated on their off nights. Here's why.

No wonder this kind of food appeals to chefs. Our palates get so beat up every day, and getting to eat simple, delicious food is such a break. It's like a spa for us."

NAOMI POMEROY,
Beast, Portland, OR

It's healthy, but it's also clean. Fry pork chops at home, you end up with a sink full of dishes. But when you're just steaming and simmering, there's almost no cleanup."

NICK BALLA,
Bar Tartine, San Francisco

When you've got thinly sliced vegetables and meat, you can put a donabe dinner together in a few minutes. Thin slices cook way faster than any ten-minute pasta."

ANDREW CARMELLINI,
The Dutch, NYC

3

Miso

How do you turn that motley assortment of things in your fridge into a satisfying meal in less time than it takes to fry an egg? **Make miso soup with it. (Like the kind you get for free before your sushi arrives but way better.)**

Just thinly slice whatever you've got, simmer it in some dashi (*déjà vu*) until tender, and dissolve a spoonful or two of flavor-rich miso paste into it. Dinner: solved.



Wait for It

Don't add the miso paste to your soup until the add-ins have finished cooking and the pot is off the heat. Miso is alive (like yogurt), and boiling will kill those good-for-you organisms.

See our [miso trick in Prep School, page 94.](#)

ELEMENTAL MISO SOUP

Combine **1 Tbsp. dried wakame seaweed** and **2 Tbsp. water** in a small bowl. Let sit, stirring occasionally, until softened, 25–30 minutes.

Bring **3 cups Dashi** (see recipe, page 84) to a simmer in a small saucepan. Add **½ cup ½"-pieces silken tofu** and wakame and return to a very gentle simmer. Remove from heat. Submerge a fine-mesh sieve into liquid, add **¼ cup miso** to sieve, and stir until dissolved. Serve miso topped with **thinly sliced scallion**. 4 servings

BY COOKING THE INGREDIENTS IN THE DASHI, YOU LET THEM FLAVOR THE SOUP. IT'S ALL IN THERE."

—HARRIS SALAT

FROM PAGE 83

ANYTHING GOES DONABE

- 1 oz. bean thread noodles, soaked in water 15 minutes
- 4 cups Dashi (see recipe, page 84)
- ½ cup mirin
- ½ cup light soy sauce (usukuchi)
- 4 scallions, 2 thinly sliced on a steep diagonal, 2 sliced 2" thick
- ¼ head of Napa cabbage, sliced into 2" pieces
- 4 littleneck clams
- 4 jumbo shrimp, preferably head-on
- 1 6 oz. red snapper or black bass fillet, sliced crosswise ¾" thick
- 1 large skinless, boneless chicken thigh, cut into 1" pieces
- 6 oz. firm tofu, sliced ½" thick
- 4 oz. oyster mushrooms, torn into bite-size pieces
- 3 oz. enoki mushrooms
- 1 small carrot, peeled, halved crosswise, thinly sliced lengthwise

Place noodles in a large bowl and add cold water to cover; let soak 15 minutes. Drain.

Meanwhile, combine dashi, mirin, and soy sauce in a medium bowl.

Place thinly sliced scallions in a small bowl and add cold water to cover. Soak until they begin to curl, 8–10 minutes. Drain; squeeze to remove excess water.

Lay cabbage in a large donabe or Dutch oven. Arrange clams, shrimp, snapper, chicken, tofu, mushrooms, carrot, 2" scallion pieces, and noodles on top; add dashi mixture.

Cover donabe and heat over medium-high until liquid is just simmering. Uncover, reduce heat to low, and gently simmer until clams open and chicken and fish are cooked through, 5–8 minutes.

Serve topped with drained scallions. 4 servings

KNOW YOUR DONABE

This is one of countless riffable hot pot recipes. Whatever goes in your pot, remember these rules:

1. Mix up seafood proportions: Use all shrimp or white fish, just don't omit chicken—the fish-fowl combo is key.
2. Cut whatever vegetables you've got into pieces that will cook quickly—think slices rather than big chunks.
3. No matter what ends up in your pot, make sure that it fills it snugly. You want the whole arrangement to stay put while the liquid simmers.

4 Teriyaki

• If there's one Japanese dish that all Americans can agree on, it's teriyaki. Why? Because when the salt-sugar-umami stars align, the result is a flavor sensation that no mortal can possibly resist.

And if the only teriyaki you've ever had is the corn syrup-laden stuff from the bottle, well, you haven't had the real thing.

Making the genuine version requires only three staple ingredients (soy sauce, mirin, and sake), comes together in minutes, and is worlds healthier—and tastier—than the supermarket stuff.

“TERIYAKI IS NORMALLY MADE ON THE GRILL OR STOVETOP: THE PROTEIN IS MARINATED BRIEFLY, THEN BASTED A LITTLE AS IT COOKS. IN JAPAN, TERIYAKI ISN'T TOO SWEET.”

—H.S.



SALMON TERIYAKI

Combine $\frac{1}{2}$ cup sake, $\frac{1}{4}$ cup mirin, and $\frac{1}{4}$ cup soy sauce in a small bowl; set teriyaki sauce aside.

Heat 1 Tbsp. vegetable oil in a large skillet over medium-high. Slice one 1½-lb. piece skin-on, boneless salmon crosswise on a diagonal into four 1"-thick

portions; lightly season with salt. Cook, skin side down, until skin is brown and crisp, about 4 minutes. Turn and cook until other side is just beginning to brown, about 2 minutes. Transfer to a plate.

Pour off fat in skillet. Bring teriyaki sauce to a boil in skillet

over medium heat. Cook until reduced by two-thirds, about 4 minutes. Add salmon, skin side up, and cook, spooning sauce over, until sauce is syrupy and salmon is just cooked through, about 2 minutes.

Sprinkle with sansho powder, if desired. 4 servings

Thicken Up

Unlike the mall food-court version we're used to, proper teriyaki shouldn't be served in a puddle. As you finish cooking the salmon, let the sauce reduce to a thick, intense glaze.

5 Rice

● In Japanese, the word for *food* is the same as the one for *rice*. Without it, a meal is not a meal. The real genius of rice is revealed when you think about it in reverse: Add just about anything to a bowl of it and, *voilà!* you've got dinner. But don't think of it as a throwaway fill-you-up starch. Properly cooked short-grain white rice is a craveable study in subtlety and texture, to be mixed and matched at will.

STEAMED JAPANESE RICE

Place **2 cups Japanese short-grain white or haiga rice** in a large saucepan, add water to cover, and swirl rice with your hand (water will become cloudy). Drain through a fine-mesh sieve; return rice to saucepan. Repeat process until water is clear when mixed with rice (3 or 4 times total). Drain rice a final time and cover sieve with a kitchen towel; let rest 15 minutes (this will help the grains hydrate evenly).

Return rice to same saucepan and add 2 cups water. Partially cover pot and bring to a boil. Stir once, cover, and reduce heat. Simmer until water is mostly absorbed and rice is very fragrant and tender, 10–12 minutes. Remove from heat and let rest, covered, 10 minutes. Fluff rice with a large spoon, re-cover pot, and let sit 5 minutes before serving.



SOBORO BEEF

Heat **2 tsp. vegetable oil** in a medium skillet over medium-high. Cook **8 oz. ground beef chuck (20% fat)**, stirring and breaking into small pieces, until browned and nearly cooked through, about 3 minutes. Add **2 Tbsp. sake** and cook until evaporated, about 1 minute. Add **2 Tbsp. mirin** and **1 Tbsp. soy sauce** and cook until pan is almost dry, about 1 minute longer. Add **2 chopped scallions** and toss to combine. *4 servings*



PICKLED CARROT



BONITO, SOY SAUCE, SCALLION



PICKLED NORI



RAW WHOLE EGG, SOY SAUCE, SLICED SHISO



SESAME SEEDS

Wait: White rice isn't healthy, is it?

Brown rice has more fiber than white—if that's what motivates you, use brown. But we (and, like, billions of other people) prefer the clean flavor and polished texture of white rice.



SALMON ROE

Seek Balance

Ever noticed how highly seasoned a lot of Japanese food is? It's meant to be served with rice. Building a meal around the grain is all about bold flavors against rice's magical blank canvas.

TUNA, MAYO

PICKLED CUCUMBER

PICKLED PLUM

SOBORO BEEF (SEE RECIPE, LEFT)

SCRAMBLED EGG, SCALLION

FURIKAKE

6

Steaming

• When we think of steamed food, we think of a bland, joyless cuisine usually prescribed to someone with a side of Lipitor. But to the Japanese, steaming is about delicacy, not deprivation. It's a means of cooking food gently, with less manipulation (and no added fat), so that flavors shine in all their brilliant simplicity. Is it healthy? Yes. Easy? Yep. And when it's done with care, it is, most importantly, incredibly delicious.

► We love the stainless-steel steamer from toirokitchen.com, but any style will get the job done.

Cook Gently

The secret to juicy, tender, delicately steamed white-meat chicken and squash? Going slow. For more intel on the subtle art of cooking with steam, see Prep School, page 95.

“YOU’RE NOT COVERING UP THE INGREDIENTS—THAT’S THE BEAUTY OF IT. YOU GET TO REALLY UNDERSTAND THE FLAVOR OF CHICKEN.”

SAKE-STEAMED CHICKEN AND KABOCHA SQUASH

- 2 dried chiles de árbol, seeded, crushed, or ½ tsp. crushed red pepper flakes
- 1 cup sake
- 1 2" piece ginger, peeled, cut into thin matchsticks
- 2 8-oz. skin-on or skinless, boneless chicken breasts
- Kosher salt
- ¼ small kabocha or red kuri squash, seeded, sliced crosswise into ¾"-thick half-moons, then sliced in half again
- 2 scallions, sliced on a diagonal, plus more for serving

Combine chiles, sake, and 1 cup water in a pot. Fit with a steamer basket and arrange ginger in basket. Season chicken with salt and place in steamer basket, skin side up; add squash and 2 sliced scallions. Cover pot and steam chicken and squash over medium heat, adding more water by ¼-cupfuls if needed, until squash is tender and chicken is just cooked through, 16–20 minutes.

Remove steamer basket from pot and bring liquid to a boil. Cook until flavors are concentrated and liquid thickens, 6–8 minutes (you should have about 3 Tbsp.).

Slice chicken and arrange on plates with squash. Pour steaming liquid over and top with additional scallions.
4 servings



ABOUT THE AUTHORS

• Chef **Tadashi Ono** and **Harris Salat** have been preaching the good word of simple Japanese cooking for nearly a decade. Together they've penned three cookbooks, including *Japanese Hot Pots*. They run *Ganso Yaki* and *Ganso Ramen* restaurants in Brooklyn.

JA-PANTRY

• Yeah, yeah, we're always telling you to buy new stuff. But trust us: **Add these Japanese items to your arsenal, and you'll reach for them again and again during the week.** Some of these—*kombu*, bonito, miso—are common enough that you can find them at Whole Foods or your local health food store. Others might require a trip to an Asian grocery or an online order. Your efforts will be richly rewarded.



Sake

You don't need to drop dime on fancy stuff for cooking, but a decent bottle is miles tastier and more complex than "cooking sake." Learn more in *Prep School*, page 93.

Kombu

This mineral-rich dried kelp is what gives dashi its oceanic depth. The sheets should be sturdy, with fine sea salt on the outside. Look for labels that say "kombu."

Bonito Flakes

Dried, fermented, and smoked skipjack tuna (also known as *katsubushi*)—this is the yin to kombu's yang in dashi. Quality ranges widely; you get what you pay for.

Rice Vinegar

Avoid "seasoned" rice vinegar, which has sweeteners and other additives in it. Choose a brand that lists rice and water as the only ingredients.

Miso

It encompasses a range of fermented soybean pastes, from younger, fresh-tasting white to long-aged, funky red. The latter, which is mellow and sweet, is the best intro.

Mirin

Brewed from sticky rice, this cooking wine is sweeter and less alcoholic than sake. Pick one made with sugar rather than glucose or corn syrup—you can taste the difference.

Togarashi & Sansho

Make fruity togarashi chile powder your new Aleppo. Sansho, made from the husks of sansho peppercorns, lends tongue-tingling anise notes.

Short-Grain White Rice

With its pearly grains and subtle flavors, *koshihikari* is the *crème de la crème* of Japanese short-grain rice varieties.

Usukuchi Soy

Lighter, thinner, and saltier than standard soy, *usukuchi* is perfect for seasoning dishes like *yosenabe* (hot pot) without darkening the color too much.

THE LIST

BY BON APPÉTIT

YOUR ESSENTIAL GUIDE TO GOOD TASTES: EVENTS, PROMOTIONS, AND MORE. VISIT BONAPPETIT.COM/THELIST



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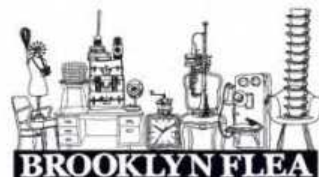
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BROOKLYN FLEA + SMORGASBURG INDOOR WINTER MARKET

Brooklyn Flea and Smorgasburg, two of New York's top attractions, join forces under one roof every winter. This year they transform a 50,000sf warehouse in Sunset Park's Industry City into a world-class market featuring 80 Flea vendors (furniture, housewares, vintage clothing, antiques + collectibles, jewelry) and 40 food vendors, including Ramen Burger, Lumpia Shack, Red Hook Lobster Pound, an espresso bar, and more. Visit the giant indoor location through March 2016 at 241 37th St., Brooklyn.

brooklynflea.com



prep school

, TIPS, AND MORE FROM THE BON APPÉTIT TEST KITCHEN

FROM P. 18

CRUMB AS YOU ARE

When it comes to making the best breadcrumbs, details matter. Follow these steps to crispy, toasty goodness. —A.S.



1.

Seal dried bread cubes in 2 large, sturdy ziptop bags, then wrap in a kitchen towel. Whack with a rolling pin to get even(ish), craggy crumbs.



2.

Heat olive oil and butter in a medium skillet over medium. Once the butter foams, toss in herb sprigs and garlic. Let the fat infuse with the flavors.



3.

Add crumbs to the pan and cook until golden brown. Transfer to paper towels to drain; pluck out the herbs and garlic. Season crumbs with salt.



FROM P. 91

SAKE TO 'EM

Most Americans are familiar with exactly two kinds of sake: hot and cold. But the world of Japanese rice beverages is just as vast as that of the Western grape-based stuff, ranging from creamy, unfiltered *nigori* to rich, aged *koshu*. We're certainly no experts, but **when it comes to cooking, we reach for a bottle of affordable junmai-style sake**—something around the \$10 mark usually does fine. Made from rice, water, yeast, and *koji* (a fermenting agent), this sake tends to be balanced and fresh-tasting, used to add intrigue to dishes without overwhelming them. If you come across “cooking sake,” steer clear: It normally has salt, sugar, and other unnecessary additives that simply don't taste good. —AMIEL STANEK



Staff Meal:

Our editors pick their ideal menu from the issue.



“My perfect day starts with a **cold-brew smoothie** (page 81), segues into a big bowl of **Feel-Good Spicy Chicken Soup** (page 71) for lunch, and ends with the full Indian party menu (page 30), with lots of **Curried Meatballs**, **Sweet & Sour Tomato Chutney**, and **Chapatis**.”

Christine Muhlke, executive editor



FROM P. 34

BA'S NEXT-LEVEL INDIAN PANTRY

Once you nail the basics, take your Indian flavor arsenal to a whole new place. Stock up on these spices and get ready to go way beyond garam masala. Seek them out at a good spice store, or order online at kalustyans.com. —BELLE CUSHING



GREEN CARDAMOM

Floral with hints of menthol, these spice pods are used in preparations both sweet (chai!) and savory (toss a few in your next pot of rice for prettily perfumed grains).



BLACK CARDAMOM

These dusky pods are dried over an open fire, making them bolder and smokier than the more familiar green variety. You'll rarely see these used in a sweet dish.



VADOUVAN

Curry powder's more sophisticated French cousin, this heady blend has a base of shallots, garlic, and onions, and may also contain turmeric, curry leaves, and fenugreek.



YELLOW MUSTARD SEEDS

Before there was French's Mustard, there were these plump, versatile seeds; to release their mild flavor, fry in fat until they pop, or quick-pickle in vinegar.



BROWN MUSTARD SEEDS

The darker seeds pack a more pungent, slightly spicier punch. In Germany, these are the preferred seeds for mustard condiments—we totally get it!



CEYLON CINNAMON

Most of the sticks for sale are the Cassia variety. But Ceylon cinnamon imparts more delicate warmth and deeper flavor, and comes in lovely quills of finely layered bark.



FROM P. 57

SPICE, MEET SCHMALTZ

Jeremy Fox's crispy, spicy roast chicken owes its complexity to a **slathering of harissa and liberal use of schmaltz** (a.k.a. rendered chicken fat)—a combo with seriously delicious potential. You'll have extra fat left after roasting; strain it and chill it, and then try tossing quartered potatoes into it before sautéing, or using it as the frying medium for your next batch of latkes or breadcrumbs. Heated until liquefied and whisked with a shot of good vinegar, it's also a terrific warm dressing for a salad of wilted bitter greens. —A.S.



FROM P. 86

CLEVER MISO

Miso soup isn't naturally silky—not unless you evenly dissolve the thick miso into the dashi. To ensure that the potent paste is uniformly distributed, we place our miso into a small fine-mesh sieve, lower it into the stock, and then use the back of a spoon to push it through. Any bits of soybean left in the strainer can be stirred in for a bit of texture, or left out if you prefer a supersmooth soup. —A.S.



J'Approve! A BA Test Kitchen Pick

These days we're loving **Grady's Cold Brew** coffee for everything from drinking to blending into smoothies and mixing into cocktails. It's made New Orleans-style (that means with chicory) to give it a natural, subtle sweetness. The amazingly smooth, chocolaty flavor knocks me out every time I take a sip—and that doesn't even include the buzz factor. —CLAIRE SAFFITZ

FROM P. 36

KEY MOMENT: MAKING CHAPATI

Chapatis are thin, chewy flatbreads akin to whole wheat tortillas. They're cooked in a thoroughly preheated skillet so the dough blisters, chars, and puffs before the chapatis have a chance to dry out and harden. Brush any excess flour off each round of dough, place in skillet, and watch as **bubbles form on the surface**. Turn the dough with a pair of tongs and cook until the other side is lightly charred in spots, less than a minute total. —C.S.

*You want those
tasty blisters!*



DREAM STEAM

Our Sake-Steamed Chicken (page 91) is worlds juicier and more tender than we ever imagined steamed meat could be. **The trick? Steaming it gently.** See, a pot of water at a rolling boil is going to cook food much more quickly than when set at a simmer. What you want is something in between—a good bubble over medium to medium-low heat—which will cook produce and protein alike at a more forgiving rate, making it easier to reach that perfect point of doneness. —A.S.



FROM P. 81

A Seedy Affair

If the staff at BA is feeling extra vigorous these days, chalk it up to two tiny seeds: **hemp and flax**. Yeah, yeah, the '70s called and all that. But these seeds are so nutritionally dense (hemp is overloaded with protein, flax with fiber, and both with omega-3 fatty acids), **we're adding them to smoothies, yogurt, baked goods—anything that could use an extra dose of "health."** Here's how:

► *Tender hemp seeds can be sprinkled straight from the bag as a textural topper for grain bowls, yogurt, and salads.*

► *Flax can only be digested when the seeds are broken down; buy ground flax, or give the whole ones a whirl in your spice grinder.*

► *Store both in the fridge or freezer; light or heat can turn them rancid.* —B.C.

FROM P. 61

Rustic Canyon Family Meal Fried Chicken

Combine **1 cup mirin** (sweet Japanese rice wine), **1 cup soy sauce**, **1 cup unseasoned rice vinegar**, **½ cup chopped peeled ginger**, and **½ cup smashed peeled garlic cloves (20–25)** in a large resealable plastic bag; add **one 3½–4-lb. chicken, cut into 10 pieces**. Seal bag, turn to coat, and chill 2–12 hours.

Preheat oven to 350°. Pour **vegetable oil** into a large cast-iron skillet to come 1" up sides (about 3 cups). Heat over medium-high until an instant-read thermometer

registers 350°. Combine **2 cups all-purpose flour**, **2 tsp. kosher salt**, and **½ tsp. freshly ground black pepper** in a shallow bowl or large resealable plastic bag. Remove chicken from marinade, letting excess drip off; season all over with salt and pepper. Toss in flour mixture to coat.

Working in two batches, remove chicken from flour, shaking off excess, and fry, turning occasionally, until golden brown, about 3 minutes. Place chicken, skin side up, on a wire rack set inside a rimmed baking sheet; bake until cooked through, 10–15 minutes. Season with salt. **4–6 servings**



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FOR NUTRITIONAL INFO FOR THE RECIPES IN THIS ISSUE, GO TO BONAPPETIT.COM/RECIPES

sourcebook

SHOPPING LIST

IN DEFENSE OF SIMPLE FOOD

pp. 52–61
P. 53 RINA MENARDI GREY SOUP PLATE \$90; jungleeny.com
TAKE STOCK *pp. 64–71*
P. 66 STAUB ROUND COCOTTES \$335 each; staubusa.com
P. 68 RINA MENARDI GRAPHITE SOUP PLATE \$118
JAPANESE HOME COOKING *pp. 82–91*
P. 83 KAMADO-SAN POT \$180; toirokeitchen.com
P. 88–89 CERAMIC BOWLS \$40 each; abchome.com
P. 90 YOROZUYA-SAN POT \$390; toirokeitchen.com

TRAVEL PLANNER

R.S.V.P. *pp. 10–11*
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MISSION CHINESE FOOD 171 E. Broadway, NYC; mcfny.com
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PENROSE 3311 Grand Ave., Oakland, CA; 510-444-1649; penroseoakland.com
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SPOON AND STABLE 211 First St. N., Minneapolis; 612-224-9850; spoonandstable.com
TERRINE 8265 Beverly Blvd., L.A.; 323-746-5130; terrinel.com
TRENTINA 1903 Ford Dr., Cleveland; 216-421-2900; restauranttrentina.com

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UPCIDER 1160 Polk St., San Francisco; 415-931-1797; upcidersf.com
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WASSAIL 162 Orchard St., NYC; 646-918-6835; wassailnyc.com
THE PARTY *p. 30*
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NAVIGATOR: NEW YORK CITY *pp. 44–44*
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BLACK SEED BAGELS For locations, go to blackseedbagels.com
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HARRY & IDA'S MEAT AND SUPPLY CO. 189 Avenue A, NYC; 646-864-0967; meatandsupplyco.com
KATZ'S DELICATESSEN 205 E. Houston St., NYC; 212-254-2246; katzsdelicatessen.com
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EFFORTLESS AND HEALTHY, EQUALLY AS DELICIOUS

Bon Appétit Executive Chef Mary Nolan turns to ALDI for the ingredients to put a new flavor twist on traditional spaghetti. Bursting with flavor, this not-so-average classic is made with fresh, healthy alternatives for a feel-good finish.

WHOLE GRAIN SPAGHETTI WITH TURKEY SAUSAGE, GOAT CHEESE, PEPPERS AND ONIONS

Recipe courtesy of Mary Nolan

SERVES 6

- 1 box of Fit & Active Whole Grain Thin Spaghetti
- 4 Tbsp. Carlini 100% Pure Olive Oil, divided, plus more for garnish
- 2 lbs. Fit & Active Sweet Italian Turkey Sausage, casing removed and torn into bite-size pieces
- 2 sweet onions, root end removed and cut into 1/4-inch slices lengthwise
- 1 package tricolor peppers, cut into 1/2-inch slices and then halved (if very long)
- Stonemill Essentials Iodized Table Salt
- 1/3 cup drained Tuscan Garden Hot or Mild Giardiniera or Pepperoncini Peppers or Banana Peppers, finely chopped, plus more for garnish
- 2 cloves garlic, minced
- 1 log Happy Farms Preferred Garlic & Herb Goat Cheese, at room temperature

Heat 2 Tbsp. olive oil in a large skillet over medium-high heat and cook turkey sausage, breaking up pieces with a wooden spoon, until browned and cooked through (work in batches, if necessary, to avoid overcrowding your pan). Place on a paper-towel-lined plate. Add remaining 2 Tbsp. olive oil to pan and cook onions and peppers until softened and starting to brown (again, working in batches, if necessary, to avoid overcrowding your pan), about 8 minutes. Season with 1/2 tsp. salt. Add Giardiniera and garlic and cook 1 minute longer, stirring frequently.

Meanwhile, generously salt a large pot of water and bring to a boil. Cook pasta until "al dente" according to package directions, drain, and reserve 1 cup cooking liquid. Place 3/4 cup cooking liquid in a large bowl and add goat cheese, whisking to combine.

Return pasta to pot along with goat cheese mixture, sausage, and pepper mixture. Over low heat, toss to thoroughly combine and add reserved 1/4 cup pasta cooking liquid, if necessary, so that sauce is smooth and creamy. Divide among pasta bowls, drizzle with a splash of olive oil, and serve with additional Giardiniera, if desired.



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b.o.t.n.

BACK OF THE NAPKIN

Written in
Atlanta on
October 13,
2015

IT WAS A
GOOD FOOD DAY

- 1) STEAK & EGGS w/ FRENCH TOAST.
- 2) ROUNDTABLE PIZZA w/ EXTRA PASTRAMI
- 3) SALMON, CRAB CAKES, GRILLED BRUSSELS SPROUTS
@ THE PALMS

"GOOD FOOD, GOOD MEAT, GOOD LORD - LET'S EAT!"

Ice Cube



ICE CUBE

After N.W.A. and *Straight Outta Compton*, Ice Cube struck out on his own with hit singles like "It Was a Good Day." Set against a sluggish beat and a slow-burning Isley Brothers sample, the song begins with breakfast cooked by his mom and ends with a 2 a.m. Fatburger run. Cube insists "those days are over," but Hollywood celebrity status—catch him starring alongside Kevin Hart in this month's *Ride Along 2*—hasn't turned him into a juice-guzzling, fad-dieting actor. "Keep your sanity," he says. "If you want a burger, eat half a burger. Want a bag of potato chips? Eat half a bag." But what if all bets were off and Cube indulged in the ultimate good day? Let's just say he wasn't counting calories when he wrote this month's napkin: "I'd be so damn full I'd probably sleep for two days." —ANDREW PARKS

ORDER OF THE DAY

"I love pizza, man. The best now is the Round Table Pizza by my house. Their sauce is way better."

PHOTOGRAPH BY ALEX LAU



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